

A  
DISCOVRSE  
OF THE PRESER-  
VATION OF THE SIGHT:

of Melancholike diseases; of  
Rheumes, and of Old age.

*Composed by M. Andreas Laurentius, ordinarie  
Physition to the King, and publike professor  
of Physicke in the Vniuersitie of  
Mompelier.*

*Translated out of French into English, according to the last Edition,  
by RICHARD SYRPHLET, Practitioner  
in Physicke.*



AT LONDON

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the Swan. 1599.







TO THE RIGHT HO-  
NORABLE SIR THOMAS  
WEST KNIGHT, LORD LA WARE,  
and the right vertuous Ladie Anne  
his wife.

**I**T hath been vsuall and accustomed (Right Noble and worthie Sir) in all ages, and amongst all sorts of people (though otherwise neuer so rude and barbarous) to adorne and eternize the manners, liues, conuersation, gests, birth and sayings of their famous and renowned, with monuments either openlie and in liuely sort contayning and specifying the same: or more closely and secretly insinuating as much, that so the praise and fame thereof might remaine and liue throughout all ages. The course was good and commendable; for so the excellent and renowned deceased had but his due: the excellent and renowned liuing, a glorious and beautifull spectacle, to stirre them vp vnto couragious and vndaunted perseuerance in still making vlturie of their excellencie: and the base, vile, and abiect persons (the spots and blemishes, yea the puddle and mudpit) of actiue, pregnant, and nimble nature, might rouse themselves from the lolling bed of their continuall snorting and dead sleepe. I meane not to blazon and decipher particularly, and from point to point the originall & antiquitie of your Nobilitie: The vprightnes, innocencie, mildnes, humanitie, bountifulnes and loue, in matters concerning your owne priuate affayres and businesses, wherewith your Honorable condition is richly set and garnished. (The vehement suspection of vndermining flatterie, the discontenting of your affections leaning to the contrarie, and the stirring vp of aduersarie emulation and repining enuie vtterly disswading me). Neither yet doe I meane to proclaime and lay abroad your faithfulness in the actions of Iustice, your wisdom in the discerning of things

## *The Epistle Dedicatorie.*

necessarie, and swaying of matters most conueniently for the weale publique, or your prowes and valorousnes in warlike seates and Martiall assaytes; howsoever the cause of God, your Prince and Countre: your birth, Dignitie and leisure, hath (I doubt not) put both you and many other godly and religious Noble men within this Realme in minde thereof, and stirred you vp amongst other your godly cares and studies, to strue to become able and worthie, if her sacred Maestie should at any time call you or them vnto the same. But leauing all these and whatsoever other praises, that might iustly be giuen to the manifold vertues, shining both in your selfe, as also in your Honorable Ladie, holding out the markes of a good profession in the loue of the trueth, with sobrietie, modestie, and a good conuersation (notwithstanding the seas of sinne roring round about, and overflowing almost all ettates and persons) and that so cleerely in the eyes and mindes of all such as doe not willingly winke, and couer the bright light of inward touch, with the vaile of wilfull sencelesnes: my onely indeuour and drift is to intreate your Honors to receiue with fauourable acceptance and good liking these first frutes of my publique labours, as vnderaken for the good of all: so especially dedicated and deuoted vnto your particular seruice and vse, not so much in respect of any your present necessities, through any infirmities that I am priuie vnto, as to make way for the shutting out of such, as hereafter might creepe vpon you to your vntimely annoyance, assuring my selfe that in the reading thereof you shal finde a well stored treasure of rich and rare lewels, and in the practising of it, the comfort of health and contentation in satietie of daies.

Which the Ancient of daies, with all increase of Honor, wealth, and pietie graunt and giue vnto you, and all your succeeding posteritie.

*Your Honors most vnfeignedly  
affected:*

RICHARD SURPHLET.



## To the Reader.



Considering (gentle Reader) the lamentable times and miserable daies, that are come upon vs in this last and weakest age of the world, partly by reason of the commonnes and multitude of infirmities, partly by reason of the strangenes and rebelliousnes of diseases breaking out more tediously then heretofore: and considering herewithall how apt and prone the multitude and common people are to affect, nay (which is more) to dote upon and runne after the painted crew of seeming Physitions and prattling practisers both men and women, gathering their skill, honestie and most precious secrets, from the rich mines of brasse-faced impudencie and bold blindnes: I could not but admonish thee, as thou tenderest thy health and wealth, to auoide such noisome vermine and deepe deceiuers. And on the contrarie, I can but exhort and stirre thee up to buy and reade this and other such like treatises, that so thou maist be the better prepared, (though not to take upon thee the cure of thine owne or others their sicke estate) to discerne betwixt the ignorant and the learned, and the skilfull in word only, and those which are skilfull in deede. As also that thou maist bee the better able to manifest and make knowne by word or writing the state and true condition of thy disease, vnto the profound and long studied in that profession, who for the keeping of a good conscience and thy welfare, haue not spared their bodies or goods, or refused any good meanes, whereby they might become fit to furnish thee with wholesome counsaile and due reliefe in the daies of thy distresse. Here shalt thou finde by serious suruay, great dimensions within small and narrow bounds. This volume shalt thou finde stuffed

## To the Reader.

full of Physicke, as teaching by the lesser, what is to bee conceived of the greater: and by a few, what is to bee followed in many. Full of Philosophie, as not resting in the things of the bodie, but deeply and diuinely laying open the nature of the soule. Herein is contained not onely great plentie of precepts, but also many controuersies of great moment and difficultie, sharply and pithily decided: and that with such varietie of authoritie, as is not almost in any other to bee found. This treatise shalt thou finde full of pleasantnes, as both the store of histories, and meanes of dispelling the mournfull fantasies of melancholike moodes, doe gine thee to conceine: full of delight as maintaining the sight, the conductor and conueier of delights vnto the minde: full of healthfulness, as teaching the way to auoide the rheume, that pregnant mother of so many maladies. And finally full of instruction and reliefe for the mitigating of the annoyances and inconueniences of drouping old age, as shewing the maner how to square out and pitch downe the firme and durable props of the cousing and long inioying of strong and lustie yeares. Which if thou strine and seeke accordingly to attaine, then shalt thou be the better able to discharge the duties of thy calling whilst thou livest, and purchase to thy selfe a million of good witnessses, to reioyce and glad thy hart with all in the day of thy death and dissolution.

Farewell.





TO THE NOBLE LADIE, MA-  
DAME, DVICHESSE OF VZEZ, AND  
COVNTESSE OF TONNERA.



Adame, since the houre that I had the hap to become knowne vnto you, you haue done me the honour as to commit your health altogether into my hands, and to vouchsafe me as great credit, as if I had been a second *Esculapium*. This affection and goodwill, which I acknowledge to proceede more of your kindnes and naturall inclination, then of any deserts of mine, haue so preuailed with me, that neither the loue of my country, nor the number of my friends, which was not small, nor the honourable place of publique Lecturer, which I discharged with sufficient commendation in one of the most famous Vniuersities of Europe, could stay or hinder me; but that passing ouer all difficulties, and breaking all these bonds, I haue intirely and wholly deuoted my selfe vnto you, and haue followed you, wheresoeuer it hath pleased you to commaund me. I haue wherein I may exceedingly praise my selfe, and as hitherto to rest contented with my fortune, which hath been so fauourable vnto me, as to make all my seruice profitable and well liked of, I am verely perswaded Madame, that it was Gods will to vse me as the meanes for the lengthening of your yeares, and making of your old age more blessed and happie. You haue had sufficient triall thereof within these two yeares: for being very forcibly assailed with three of the most violent and extraordinarie diseases that euer man hath seene, and which were strong enough to haue shaken the best complexion in the world, and to haue spilt the prosperous estate of a more flourishing age then yours, yet you haue not felt any eclipse of your vigour and lustines. This is of  
God

## THE EPISTLE.

God alone, (which hath opened my vnderstanding to finde out fit remedies, and himselfe to giue good successe thereunto) to whom I am bound to render all glorie. There now remaineth in you onely your three ordinarie diseases, which I labour to vanquish day by day, by obseruation of good Diet, and such gentle medicines as are no way able any thing to alter and hurt the good disposition of your naturall constitution. In your right eye, you haue some smill beginnings of a Cataract, but the other is perfectly sound. You feele at certaine times some touches of the windie melancholie, but so sleight, as that they vanish away like the smoke. The thing that is most tedious and troublesome vnto you, is those pettie distillations and fluxes of humours which fall down vpon your eyes, teeth, armes and legges. Your spirit, which is able to conceiue of any thing in the world, be it neuer so rare & strange, hath been very inquisitiue to vnderstand the causes, and to know from whence all these accidents should proceede, which I haue oftentimes spoken largely of, and that both in vulgar and common speeches, as also in the artificiall and plaine tearmes of Physicke. In the end my reasons became so well liked of by you, that (when you had withdrawne your selfe to the Abbey of *Marmonster*, to sport your selfe with the beautie of the place and goodnes of the ayre) you commaunded me to set downe the same in writing, and to cause them to come to light, vnder the shield of your authoritie. I cannot with honestie denie it vnto you, howsoeuer yet it were meete, that so waightie a matter according to the desert, should bee garnished with infinite varietie of authorities and proofes from the learned, which my memorie could not afford, through my want of bookes. I haue therefore fitted vp and made readie three discourses for you, touching your three diseases: the first is, *Of the excellencie of the sight, and the meanes to preserve it*: the second is, *Of windie melancholie, and other melancholike diseases*: the third is, *Of Rheumes, and the meanes for to heale them*. And vnto these in the ende I haue ioyned a little treatise of Olde age, which may bee for your vse against the time to come. For there is no shadow of reason why I should as yet call you old, seeing you are not incombred with any of the infirmities of old age. For is not this one of the miracles of our age, to heare your communication

## THE EPISTLE.

munication so wise and graue, to see your vnderstanding and iudgement so sound and vncorrupt, your memorie so fresh and plentifull, and your senses so absolute, as that on your sound eye you vse to reade a farre off the smallest letter that any man can bring vnto you, without spectacles? Your hearing also continueth very easie and quicke, and your taste also as exquisite and daintie as euer it was: your heart so couragious and lustie, as that notwithstanding all the assaults that euer your windie melancholie could giue vnto it, yet it hath not been able at any time so to shake it, as that it could make it alter his course: your liuer so liberall, as that it ministreth store of blood more then is needfull: in so much as that we are constrained to cause you to tame it once a yeare. I will say nothing of the goodnes of your stomach, you your selfe know it well enough; hauing an appetite at euery houre, and digesting whatsoever you bestow vpon it. Seeing then the faculties of the soule doe euery one of them so well execute and performe their functions and offices, can a man call the instrument thereof ouerworne or old? I am perswaded (Madame) that no man can call you old in any respect, if it were not that you are past fiftie, and that custome in accounts hath designed the first degree of old age to this number. You haue great occasions to praise God: for this long and happie life is a certaine testimonie of his loue, because the most excellent reward which he promisseth vnto them whom he loueth in this world, is, that they shall liue long vpon the earth. Cheere vp your selfe then Madame, you are but yet on the first step of your old age, which is ouergrowne with flourishing greene, and affoording an vndaunted courage; you haue other two behinde and remaining. God who hath giuen this strength vnto your bodie, and which hath honoured you with so gracious and good a soule, vouchsafe to make them as happie, as your Ladiship can wish or desire them.

*Your most humble and obedient  
seruant:*

ANDREAS LAVRENTIUS.

B





## The Author to the Reader.

**I** Doubt not but that these treatises are in danger to be euill spoken of, and bitterlie inueighed against by an infinite number of persons, which are borne for nothing else but to carpe and finde fault, before they be well knowne. Some Phisitions will finde themselves griewed, for that I haue made vulgar the secrets of our Art, and they will be able to alleadge that the Egyptians (which were the first inuentors of Phisicke) to the end they might not make so diuine and sacred a gift of God profane and common, did write their medicines in enigmaticall and unknowne letters: but I will answer them with Aristotle, that a good thing by how much it is the more common, by so much it is the better, and that the Phisitions of Greece came once euery yeare into the beautefull Temple of Aesculapius, which was erected in Epidaurē, to write in the sight of all the people, what soeuer rare and strange thing they had obserued in their patients. The naturall Philosophers, will be offended for that I now and then grapple with that great interpreter of nature, Aristotle: but they shall haue no other replie of me, then that of Aristotle himself. Plato (saith he) is my friend, & Socrates also, but yet the truth is more friendly vnto me. I shall haue more to doe to satisfie them, which busie themselves with nothing else but faire speeches and proper tearmes: for without doubt they shall finde an infinite number of rude words, which may offend their too daintie and delicate eares: but if they will not consider how that I make it not my profession to write in French, yet I would haue them to hold me excused, because I am of opinion, as all other wise men are, that such curious sifting and hunting of words is unworthie of a Philosopher, and that therefore I am contented (auoyding barbarisme, whereof I know they shall neuer be able altogether to condemne me)



## To the Reader.

so to speake, as that I may cause to bee understood the thing whereof  
I intreate. And as concerning all those enuious and malicious per-  
sons which will not cease to barke at me though they know not how  
to bite me, I doe onely wish that they themselves would enter the  
lists and doe something themselves, that so I might see if they were  
as good in correcting as in carping. I am certainly perswaded that  
this my small worke will be accepted of all the Honorable: and  
it is to them that I frame and fashion my selfe, then  
boldly may I proceede under the shadow and  
couert of their wings.

B 2

DECA-

DECASTICON IN ANGLICAM  
versionem scripti Laurentiani,

**Q**ua de Oculis nuper Medicorum scripsit Ocellus  
De Senio, & Succis, Senibus, cunctaque molestis  
Ætati, mira doctus Laurentius arte;  
Surphletius (tantone Gallia solapotiri  
The sauro possit) donauit veste Britannia.  
Galliane inuideas, nec enim tibi nascitur vni  
Laurus tam florens; nostri hanc coluere Britanni.  
Tu turpes oculi maculas Surphlette fueris  
Artifici remouere manu; (non ultima laus hac)  
Nunc grato hoc multo melius noscere labore.

F. Hering Med. Candidatus.

---

*Idem de eadem Idiomate Anglico.*

**F**amous Fernelius, worthie heire Laurentius,  
To whom that Galen of our age did dying leaue  
His diuine Phisicke Muse 'mongst other learned works,  
This treatise fraught with skill, did write in vulgar tongue  
Of th'Eyes, Melancholie, Old-age, and troublous Rheume,  
Which Surphlet famous for his art-taught cunning hand,  
In cleering th'Eyes of spots, and noysome Catarrhaets,  
(Least France the happie nurse and mother of great wits,  
Should sole enioy this pearle) hath clad with English weede  
A worke of worth for Councellers and men of great estate,  
For Ladies, Students, such as *vixent* loue.  
Hence base Quack-saluers, boasting *Thrafoes* loathsome brood,  
Impostors, Parachymists, Latrons, Homicids,  
Who blindly and boldly rush into that sacred Art,  
Which none but *Phæbus* sonnes and Darlings of *Minerue*  
Could euer rightly exercise: Hence, hence apace,  
Pollute not with your filthie fists and pur-blind eyes  
These golden Theorems, these skilfull Medicins:  
For you poore fots (I wisse) the paines were neuer meant,

IN

IN D. ANDREÆ LAVRENTII D. MED. TRA-  
 ctat. De conseruando visu: De Melancholia: Catarrhis: &  
 Senio; in linguam Calydoniam, per D. Rich. Surphlettum  
 traduct. Carmen *Εἰς Καλυδόνιον*.

**H** manum mala quanta premunt, quos monstra fatigant  
 Se subius infernis ei aculata, genus?  
 Vertigo, Febris, Tussis, cum Peste Catarrhus,  
 Tabet, Syntexis, Stupor & Asthma, Bilis.  
 Hac fera tartareis nos vexant monstra flagellis,  
 Nostraque funereo carcere corda premunt.  
 Hac multos tetricas mittunt Acherontis ad undas,  
 Quos fouet in cunis torua Megara suis.  
 Ergo Deus nobis languentibus obtulit artem,  
 Morborum tolli qua genus omne potest.  
 Artibus, huic nomen Medicina, celebris vllis,  
 Soli leuat morbos, corpora sana facis.  
 Hac sine nulla salus, properantis munera visæ  
 Prorogat, & longos das Medicinæ dies.  
 Tu Surphlette pija studiij addicte, peritus  
 Arte Machaonia, quam Deus ipse dedit.  
 Pergè salutiferâ morbos depellers dextrâ,  
 Regnaque Plutonis fac populosa minus.  
 Sic te fama feret candentibus aurea pennis,  
 Sicque tui celebris fama laboris erit,  
 Inter honoratos Medicos numeraberis olim,  
 Te dicent Coo, Phyllirideque parem.

GABRIEL POWEL.

*In eruditissimum D. Andr. Laurentij Tractatum*  
*Anglicè versum, Δωδύκεται.*

**D** As Surphlette tuis longæ munera visæ,  
 Quid melius nobis viuere vita dabis?  
 Obstitas ne stygij per lurida transtra Charontis  
 Ferali Parcâ corpora raptâ migrent.  
 Cumque dolent homines, illis das vite valere  
 Astollens morbos, Pharmaca sana doces  
 Extremis obflare malis, viteque labantis  
 Arte grauescentes multiplicare dies.  
 Omnia quid referam? neque enim bona ponimus illa:  
 Deficis ars artes fas celebrare tuas.  
 Hac mortale genus, licet immortale videtur,  
 Si quid in hac vita, vincere fata vales.

EPHRAIM PAGIT.

In commendation of *M. Andreas Laurentius*, Doctor of  
*Physicke*, his Treatise of *Sight, Melancholie, Rheumes, and*  
*Old age*: Englished by *M. Rich. Surphlet*.

**I**F thou desire preferuatives for Sight;  
If Melancholike sicknes thee annoy;  
If noysome Rheumes thou wouldst auoyd outright;  
If thy old age thou wouldst in health enjoy:  
Sith fading Sight, Rheumes, Melancholie, Age  
Are vitall spirits harme, and lifes engage.

Loe here a souereigne salue for sickly Eyes,  
A good restraint for Melancholies rage,  
A drier vp of Rheumes that doe arise,  
And a conseruer of declining Age,  
For Darknes, Dumps, Catarrhes and forces faild,  
Light, Mirth, Mercurie fixt, and Strength vnquaild.

Right worthy then thy praise O *Surphlet* flies  
Through whirling ayre, as famous for thy art,  
In curing of blind catarrhacted eyes,  
And for this worke performed on thy part;  
So that vnto thy labour and practise,  
A two-fold praise most iustly doth arise.

*John Nut-hall Gent.*

---

*Roger Foxe Gent. to the Reader.*

**I**Ngenious *Surphlet* finding in this worke  
Such store of treasure in abstruse to lurke,  
Thought he should doe his Country-men great wrong,  
Had he it throwded left in forren tong.  
Wherefore in loue vnto his native soyle,  
He tooke vpon him this laborious toyle.  
Yet toyle no toyle, he doth the same account,  
So kind acceptance to his hope amount.  
Thank's all he craues, then can him thank't is small,  
If he haue thanks he thinks it all in all:  
The profit's yours, 't'was his industrious taske  
To pluck you off that strange disguising maske.

**FINIS.**



# A TABLE OF THE CHAPTERS CONTAINED in this Discourse.

The first Discourse, wherein is handled the excellencie of the sight, and the meanes to preferue it.

That the braine is the principall seate of the soule, and that in consideration hereof all the instruments of the senses are placed round about it. Chap. 1.

How that the outward senses being the truest messengers of the minde, are only fine, and all of them placed without the braine. 2

That the sight is the most excellent of all the senses. 3

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Of the composition of the eye in generall. 5

A particular description of all the parts of the eye, and first of the sixe muscles thereof. 6

Of the sixe coates of the eye. 7

Of the three humours of the eye, of the beautie and excellencie of the christalline. 8

Of the sinewes, veines, arteries, and other parts of the eye. 9

How we see, as whether it be by receiuing in or sending forth something. 10

How many waies the sight may be hurt. 11

A briefe rehearsal of all the diseases of the eye. 12

A generall and most exquisite order of Diet for the preservation of the sight, in which is shewed very particularly all that may hurt or doe good vnto the eyes. 13

Choyse remedies for the preservation of the sight, and the order to be obserued in applying of them. 14

The second Discourse, wherein is intreated of Melancholic diseases, and of the meanes to cure them.

That man is a diuine and politique creature, hauing three speciall principall powers: Imagination, Reason, and Memorie. Chap. 1.

That this creature full of excellencie is now and then so abused and altered, by an infinit number of diseases, as that he becommeth like a beast. 2

Who those should be that are called melancholike, and how we ought to put difference betwixt melancholike men that are sicke, and those that are sound. 3

The definition of melancholie, and all his differences. 4

Of melancholie which is seated in the braine, an d of all the accidents that follow it, and whence ariseth feare, sadness, watchings, terrible dreames, and other accidents. 5

Whereof it cometh that melancholike persons haue particular objects quite differing, whereupon they dote. 6

Histories of certaine melancholike persons, which haue had strange imaginations. 7

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Of another sort of melancholie, which riseth of outrageous lones. 10

The

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- 11 *The meanes to cure those which are foolish and melancholie by reason of ioue.*
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- 14 *Histories worthie the obseruation, of two parties troubled with the windie melancholie.*
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The third Discourse, wherein is intreated of the generation of Rheumes, and how they are to be cured.

- Chap. 1. *That the braine is the seate of cold and moysture, and by consequent the wel-spring of Rheumes.*
- 2 *What this word rheume doth signifie, what disease it is, and wherein his nature consisteth.*
  - 3 *The differences of Rheume.*
  - 4 *The causes of Rheume.*
  - 5 *A generall order of diet to be obserued in Rheumes.*
  - 6 *A generall methode to cure Rheumes.*
  - 7 *The meanes to preserve the teeth.*

The fourth Discourse, wherein is intreated of Old-age, and how we must succour it.

- Chap. 1. *That man cannot continue in one state, and that of necessity he must waxe old.*
- 2 *A very notable description of old age.*
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  - 5 *Generall rules to be obserued in eating and drinking, thereby to lengthen the life.*
  - 6 *How we must in particular nourish old folke, and with what viſtuall.*
  - 7 *What drinke is most fit for old folke.*
  - 8 *Of the exercises of old folke.*
  - 9 *What rules are to be kept in sleeping.*
  - 10 *How we must cheere up and make merrie old men, putting them out of all violent passions of the minde.*
  - 11 *What medicines are fittest for old folke, and by what skilfull meanes we may helpe to amend the infirmities of old age.*

THE



THE FIRST DISCOURSE,  
WHEREIN IS INTREATED OF THE

excellencie of the sight, and the meanes  
to preferue it,

*That the braine is the true seate of the Soule, and that for this oc-  
casion all the instruments of the senses are lodged  
round about it.*

CHAP. I.



He Soule of man (that most noble and per-  
fect forme, that is vnder the face of heauen,  
bearing for a signe and token of his excellen-  
cie, the liuely and true image of the Creator)  
although it bee in all poynts like vnto it selfe,  
not consisting of matter, or subiect to any  
diuision, and by consequent whole in all the  
bodie, and wholie in every part of the same: yet the case so stan-  
deth, that in respect of the diuersitie of his actions, of the diffe-  
rence of his instruments wherewith it serueth it selfe, and of the  
varietie of objects set before it: that it may seeme and appeare to  
the common people (after a certaine maner) to consist of diuers  
parts. The Philosophers themselves seeing the noblest powers  
thereof to shine more in one place then in another, haue gone a-  
bout to lodge, and (as it were) to bound the limits thereof within  
the compasse of one onely member: in like maner as the Diuines  
(carried away by the wonderfull things which more cleerely ma-  
nifest themselves in the heauens, then in any other part of the  
world) doe say that the heauens are the throne of God, although  
his essence bee infinite, incomprehensible, and stretching it selfe  
through

Diuers opinions  
of the seate of  
the soule.

Aristotle his  
opinion.

The heauens  
and the heart  
finely compa-  
red together.

through euery thing that is). For *Herophilus* beleued that the Soule was lodged onely in the lowest part of the braine: and *Zenocrates* (on the contrary) in the vppermost part thereof: *Erasistratus*, in the two membranes covering the braine, called of the Arabians, Mothers: *Strato*, betwixt the browes: *Empedocles*, suborned by the Epicures and Egyptians, in the breast: *Moschion*, in the whole bodie: *Diogenes*, in the arteries: *Heracitus*, onely in the circumference of the bodie: *Herodotus*, in the eares: *Blemor* an Arabian, and *Syrenus* a Phisition of Cypers, in the eyes, because that men in them as in a glasse, doe behold all the pactions of the soule: but all these in my iudgement are nothing els but fantasies and meere fooleries. There is a great deale more likelihood in the opinion of *Aristotle*, that great expounder of nature, who thought that the soule had his proper seate in the heart, because that naturall heate, the principall instrument of the soule, is found in the heart, and this (saith he) liueth first and dyeth last, the onely storehouse of spirit, the originall of veines, arteries and sinewes, the principal author of respiration, the fountaine and well-spring of all heate, containing within the ventricles thereof a subtile and refined blood, which serueth as a burning cole to kindle and set on fire all the other inferiour and smaller sorts of heate, and to bee briefe, the onely Sunne of this little world. And euen in like sort, as the heauens are the principals, whereon depend and rest all other elemental generations and alterations: so the hart is the first and principall originall of all the actions and motions of the bodie. The heauens bring forth their wonderfull effects, by their motions, heate and influence: the heart by his continuall mouing (which ought no lesse to raiuish vs, then the flowing and ebbing of Euripus) and influence of his spirits, doth put life into all the other parts, endoweth them with this beautiful and vermilionlike colour, and maintaineth their naturall heate. The mouing and light which are in the superiour bodies, are the instruments of the intelligences and of the heauens: of the intelligences as being the first cause of mouing in others, being themselves immouable: of the heauens, as first mouing the other, and being themselves moued. The mouing of the heart and vitall spirit, which distributeth it selfe like vnto light, throughout, and that as



It were in the twinkling of an eye, are the instruments of the mind and heart: of the minde, which is a chiefe and principall mouer, and yet not moued: of the heart, as of a chiefe and principall mouer which is moued of the minde. It is therefore the heart, according to the doctrine of the Peripatetikes, which is y<sup>e</sup> true mansion of the soule, the onely prince and gouernour, in this so excellent and admirable disposing of all things in the gouernment of the bodie. *Chrysippus* and all the Stoikes haue followed the same opinion, and doe beleeeue that all that region which containeth the parts which wee call vitall, is named of the Grecians and Latines *Thorax*, because it keepeth within it, as it were vnder lock, this heauenly vnderstanding (so called of *Anaxagoras*): this burning heate, (so called of *Zeno*) replenished with a million of sciences: this admirable fire, which *Prometheus* stole out of heauen to put soule and life into mankind: this altering spirit, whereof *Theophrastus* made so great account. Behold how these Philosophers haue diuersly spoken of the seate of the soule. It is not my minde to bestow any time in the particuler examination of all these opinions, neither is it mine intent in this place to enter into any dispute, intending to content my selfe with the simple deliuerie of the trueth. For I assure my selfe that it shall be strong enough to ouerthrow all these false foundations. I say then that the principall seate of the soule is in the braine, because the goodliest powers thereof doe lodge and lye there, and the most worthy actions of the same doe there most plainly appeare. All the instruments of morion, sence, imagination, discourse and memorie are found within the braine, or immediatly depending therevpon. Anatomie manifesteth vnto our eyes, how that there issue out from the lower part of the braine seuen great paire of sinewes, which serue at a trice to conuey the animall spirit vnto the instrument of the senses, and doe not any of them passe out of the head except the sixt paire, which stretch out themselves to the mouth of the stomacke. We see also that from the hindermost part of the braine (where the great and little braine doe meete together) doth proceede the admirable taile, the beautifull and white spinall marrow, which the Wiseman in his booke of the Preacher calleth the siluer threed, how it is carefully preserved within a sacred chanell,

That the brain  
is the principall  
seate of the  
soule.

The reasons  
to proue the  
same.  
The first.

The second.

The third.

The fourth.

The fifth.

as *Lactantius* calleth it. From the same, men see that there rise a million of little sinewes, which conuey the powers of mouing and feeling, vnto all such members as are capable of the same. Men doe also perceiue the outward senses placed round about the braine, which are as the light horsemen and messengers of the vnderstanding, the principall part of the soule. *Philo* saith, that when men come within the view of a princes guard, they thinke him selfe not to bee farre off: we see all the guard and seruants of reason, as the eyes, the eares, the nose, the tongue, to bee situated in the head: whereupon by consequent we ought to iudge that this princeesse is not farre off. Experience also giueth vs to vnderstand, that if the braine haue his temperature altered: as for example, if it be too hot, as it falleth out in such as are franticke: or ouer cold, as it falleth out in melancholick men; it corrupteth presently the imaginatiue facultie, troubleth the iudgement, weakeneth the memorie: which is not incident in the diseases of the heart, as namely, either in a hectick feuer, or when a man is poysoned. The soule (saith that diuine Philosopher *Plato*) doth not please and content it selfe with that braine which is too soft, too close and compact, or too hard: it requireth a good temperature. If the proportion of the head be but a little out of square, so that it be either too great or too little, or too coppeld, as that which men reade of *Thersites* in *Homer*: or altogether round and not flat on the sides, as naturally it ought to be: men may perceiue all the actions of the soule to be depraued, and thereupon doe call such heads, foolish, without iudgement, without wisdom: all which ought to make vs as well to beleue that the braine is as much the organe and instrument of all these actions: as the eye is the instrument of sight.

Furthermore, this kind of round shape which is peculiar vnto mankinde, this head thus lifted vp to heauen, this great quantitie of braine (which is almost incredible) doth shew very well that man hath something in his head, more then other liuing creatures. The wise Sages of Egypt haue very well acknowledged the same: for they did not sweare by any other thing but by their head, they ratified all their couenants by the head, and forbad the eating of the braines of liuing creatures: for the honour and reue-

rence

rence sake which they bate to this part. I thinke also that the falling sicknes was not for any other reason called sacred of the ancients, but because it did assaile the soueraigne and sacred part of the body. Let vs then acknowledge the braine to be the principall seate of the soule, the originall of mouing and feeling, and of all the other most noble functions of the same. I know well that some curious spirits will aske me, how it can bee the author of so many goodly actions, seeing it is cold, and that the soule can doe nothing without heate. But I answer, that the braine hath not any particuler feeling, for that it being the seate of common sence, must iudge of all such objects, as about which sence is occupied. But a good iudge ought to bee free from all passions, and every organe (sayth *Aristotle*) must bee without qualitie, according whereunto agreeth that, that the christalline humour hath no colour, the eare hath no particuler sound, nor the tongue any taste. But and if it come to passe, that any organicall part decline from his nature, as if the christalline become yellow, all whatsoeuer presenteth it selfe to the sight of that eye, will seeme to bee of the same colour. As then the braine neither seeth nor heareth, nor smelleth nor tasteth any thing, and yet notwithstanding iudgeth very rightly of colours, sounds, smells and tastes: so neither was it any reason, that it should haue any particuler sence of feeling, which should cause it to feele the excesse of those qualities, which are tearmed the objects of feeling and handling; it is sufficient for it to haue the knowledge and discerning thereof. As touching the other poynt, I affirme that the braine is in very deede hot, and that it cannot be called cold, but as it is compared with the heart. It behoued it of necessitie to bee of this temperature, that so it might temper the spirits which were of a fierie nature, thereby the better to continue the kindes of liuing creatures, and to preserve them long aliue. For and if the braine were as hot as the heart, there would day by day arise trouble and sedition amidst the noblest powers of the soule: all the senses would be straying and wandring, all the motions would bee out of square, all our discourses mixed with rash headines, and our memories very flote and fugitiue, even as betideth vnto franticke ones. Let nothing then hinder vs from acknowledging the braine to bee the most

The cause why  
the braine feel-  
eth not.

The causes  
why the braine  
is of such tem-  
perature.



noble part of the whole body. This is that magnificent and stately turret of the soule, this is that goodly royall palace, the consecrated house of *Pallas*, this is the inipregnable fort, enuironed with bones, as with strong walles, wherein is lodged the foueraigne power of the soule, (I meane reason) which comprehendeth and compasseth as with imbracing armes, the whole vniuersall world in a moment, without touching of the same, which flieth through the ayre, soundeth the depths of the sea, and surmounteth at the same instant, the pauements of the heauens, and which walking vpon their stages, measuring their distances, and communicating with the Angels, pearceth in euen vnto the throne of God, and at such time as the body is asleepe, suffereth it self by a holy sight, or delectable and sweete rauishment, to be carried euen to the beholding of God; according to whose image it was first framed. To be short, it is all in all (as sayth *Aristotle*) for that by the power it hath, it possesseth all, as being the place wherein (I say) this great princeesse would rest her self as within her castle, from thence to commaund the two inferiour regiments, to hold in subiection the two lower forces, (I meane the Irascible and concupiscible) which would euery day be ready to fall away and reuolt. And yet I dare be bold to adde further, and (in stead of hauing named it among the chiefe and principall) to say that there is not any other part of the body besides the braine, which can truly be called noble and foueraigne, and that because all the other parts are made for the braine, and pay tribute thereunto as to their king. Behold here the strength of my argument, which in my iudgement is as cleere as the Sunne in his brightest shine. Mankinde differeth not from beasts in any thing but reason: and the seate of reason is in the braine: It is requisite the more commendably to reason and discourse, that the imaginative part of the minde should set before the vnderstanding part of the same the objects whereabout they be occupied altogether simple without mixture, without matter, and freed from all corporall qualities. The Imaginative part can not conceiue them of it selfe, if the outward senses (which are his truttie spies and faithfull reportsmen) make not certificate of the same. Hence then rise the necessitie of framing the instruments of the senses, the eyes, the eares, the nose, tongue and membranes

Most cleere  
and euident  
prooffe of the  
excellencie of  
the braine.



as well inward as outward. The senses the better to take acknowledgement of their objects, haue need of a local motion. For man, if he should not stirre from one place, but abide immouable like an image, should not be able to conuey any store of varietie vnto the imagination. It is necessary then for the benefit and perfecting of the senses, to haue certaine instruments of motion: these instruments are two, the sinewes and the muscles: the sinewes by reason of their continued coniunction and adherence vnto their originall, (being like vnto that of the Sunne beames with the Sun) doe conuey from the braine that mouing power, seated in a most subtile bodie, namely, the animall spirit: the muscles after the manner of good subiects obey vnto their commandement, and incontinently moue the member either by stretching it forth or bowing it in, as the appetite or imagination shall wish and desire. The braine then (as is manifest) commandeth: the sinewes carrie the embassage, and the muscles obeying thereunto, expresse the intent of the minde. And euen in like sort as the skilfull horserider manageth the horse with the bridle, causing him to turne on the right hand or on the left, as best pleaseth him: euen so the braine by the sinewes boweth or stretcheth the muscles. These two instruments of voluntarie motion, should not know either how to be, or vndergoe these their offices, if they were not fixed vnto some solide and immouable body. Therefore it was behouefull to raise vp pillars, such as are the bones and cartilages, from whence the muscles doe rise, and into which they do insert themselues againe: and for that the bones could not bee ioyned or fastned together without ligaments, it must needs follow that they should haue their membranouse coates to couer them withall. And all these parts for their preservation, stooode in neede of naturall heate and nourishment: this heate and nourishment being deriued from elsewhere, must needs haue their passages prepared by certaine pipes, and those are the veines and arteries: the arteries draw their spirits from the hart, the fountaine of the same: the veines receiue their blood from the common storehouse of the same which is the liuer. And thus returning by the same steps, by which wee came hither, wee shall well perceiue, that the heart and liuer were not made for any other thing, but to nourish the heate of all the parts:

The conclusion.

the

the bones and cartilages, for rests and props vnto the muscles and sinewes, the instruments of voluntary motion: the muscles and nerves for the perfecting of the senses: the senses, to set before the imaginative power of the minde their outward objects: the imagination to carrie along the formes of things void of substance, to be more deeply weighed of reason, which thereupon commendeth them to the custodie of memorie her treasure. Thus euery thing yeelding obedience vnto reason, and the braine being the principall seate of reason, we must needs affirme, that all the parts of the body were made for the braine, and must therefore acknowledge it as their chiefe and Soueraigne.

I will yet adde one other plaine and euident argument (which in my iudgement is not common) to testifie the excellencie of this part: which is, that it giueth shape and perfection vnto all the rest. For it is most certaine, that of the shape and quantitie of the braine, dependeth the grosnes, greatnes, smalnes: and in a word, euery manner of proportion hapning to the head, forasmuch as euery containing thing doth conforme it selfe continually vnto the contained, as the thing for which it was created and made. Ioyntly after the head, followeth the backe bone, which is framed of foure and twentie vertebres, besides the bone called *Sacrum*, and maketh that which men call the truncke of the body. If that hole in the head through which the marrow of the backe falleth be great, then must also the vertebres bee large. Vpon this backe bone doe all the rest of the bones stay and rest themselves, as the vpper timbers doe vpon the keele of a ship. As by name vpon high the shoulder bones, (whereunto are fastned the armes as well on the one side, as on the other) and the twelue ribs: and below the bones of the small guts and hips, into whose hollow cauities the heads of the bones of the thighs are inserted: so that if all their proportions be duly obserued, it will appeare that the greatnes and grosnes thereof is answerable to that of the head, and by consequence to that of the braine, as the chiefe and principall. Vnto the bones are fastned the muscles, the ligaments, and the most of the other parts of the body doe rest themselves thereupon, and within their circuite and compasse are shut and made sure the most noble parts and the bowels. In few words: the bones impart vnto the whole

whole bodie the shape which themselves have received from the braine. This is the same which diuine *Hippocrates* hath very well obserued in the second booke of his *Epidemiques*, saying, that of the greatnes and grosnes of the head, a Phisition might iudge of the greatnes of all the other bones and parts also, as veines, arteries, and sinewes. Let vs therefore conclude with the trueth, that the braine hauing such aduantage against the other parts, ought to be esteemed the chiefe and principall seate of the soule.

CHAP. II.

*How the outward senses, the proper messengers of the soule, are only five, and all placed without the braine.*



Seeing it is most euident that the soule is shut vp within the bodie, as it were in a darke dungeon, and that it cannot discourse, neither yet comprehend anything without the helpe of the senses, which are as the obedient seruants and faithfull messengers of the same: it was needfull to place the instruments of the senses very neere vnto the seate of reason, and round about her royal palace. Now the senses which we call externall are onely five; the sight, the hearing, the smelling, the taste and handling, of which altogether dependeth our knowledge, and nothing (as saith the Philosopher) can enter into the vnderstanding part of our minde, except it passe through one of these five doores. Some men struing to shew reason for this number, say that there are but five senses, because that whatsoever is in the whole world, is compounded and made of onely five simple bodies, as the foure elements and the firmament, which they call the fift simple nature, being much of the nature of the ayre, free from all impurities, and abounding with shining lights. The sight (say the Platonists) which hath for his instrument the set two twinne-borne staires, all full of bright straines and heauenly fire, which giueth light and burneth not, representeth the skie, and hath the light for his object. The hearing, which is occupied about nothing but sounds, hath for his object the beaten ayre, and his principall instrument (if we

Why there are  
but five senses.

The first rea-  
son.



beleeue *Aristotle*) is a certaine ayre shut vp within a little labyrinth. The smelling participateth the nature of fire: for smells haue their being only in a drie qualitie caused through heate, and we receiue it for a principle, that all sweete smelling things are hot. The taste hath moysture for his obiect. And handling the earth for his.

The second.

Other some say that there be but fise senses, because that there are but fise proper sorts of obiects, and that all the accidents which are to be found in any natural body, may be referred, either to colours, or sounds, or smells, or tastes, or to those qualities whereabout touching is occupied, whether they be those which are principall, or those that spring of them.

The third.

Some there be which gather the number of the senses to bee such, from the consideration of their vses, which are their finall ends. The senses are made for the benefit of man: man is compounded of two parts, the body and the soule: the sight and hearing serue more for the vse of the soule then of the body: the taste and touching more for the body then the soule: the smelling for both the twaine indifferently, refreshing and purging the spirits, which are the principall instruments of the soule. But of the fise senses I say that there are two altogether necessary and required, to cause the being and life simply: and that the three other serue onely for a happie being and life. Those without which one can not be, are taste and touching. Touching (if we will giue credit to naturall Philosophers) is as the foundation of liuelihood (I will vse this word, because it expresseth the thing very excellently). The taste serueth for the preleruation of the life. The sight, hearing and smelling serue but for to liue well and pleasantly. For the creature may be and continue without them. The two first (for that they were altogether necessarie) haue their meane inward, and so ioyned to the member, as that it is (as a man would say) inseparable. For in tasting and touching, the Phisitions doe make the meane and the member all one. The other three haue their meane outward, and separated from the instrument, as the sight hath the ayre, the water, and euery such body as is through cleere, for his meane. *Aristotle* in the beginning of his third booke of the soule, hath plaid the Philosopher in more serious sort then any



any of all these, but yet so darkly, as that almost all his interpreters have found themselves much busied to find out his meaning, in such manner, as that he may seeme to have gone about to hide the secrets of nature and mysteries of his Philosophie, not with the vaile of fained fables, as doe the Poets; neither yet with any superstitious conceit of numbers, as *Pithagoras* his sect were wont to doe; but by an obscure breuitie: resembling the cuttle fish, which to the end that she may not fall into the hand of the fisher, casteth vp a blackish water and so hideth her selfe. The senses (sayth *Aristotle*) are but five, because the meanes by which they worke, cannot be altered any more then five wayes. The meanes by which we have the vse of our senses, are onely two, the one is outward, the other is inward: the outward is the ayre or the water: the inward is the flesh or the membranes. The ayre and water doe receiue the objects that are outward, either as they are transparent, and then they serue the sight; or as they are moueable and thin bodies, and then they serue the hearing; or as moist ones doe receiue and embrace that which is drie, and then they be the subiects of smelling. The flesh or membranes may be considered of two manner of wayes; either according to the temperature of the foure elementall qualities, and then they bee the subiects of feeling; or els according to the mixture of the qualities drie and moyst, and then they are the subiects of relishes for the taste. But howsoever the case standeth for the reason of this number, we see there are but five externall senses, which are all placed without the braine. These are the proper posts and messengers of the soule; these are the windowes by which wee see cleerely round about vs. These are the watch or doore keepers which make vs way into their most priuie closet: if they performe their faithfull seruice vnto reason, then do they set before her a million of delightful objects, whereof she frameth marueilous discourses. But (alas and woe is me) how oft doe they betray her? Oh how many dangers do they inwrap her in, and how subiect are they vnto corruption?

The fourth.

*Aristotle* his prooffe for the number of the senses.

It is not without cause that this thrice renowned *Mercurie* doth call the senses tyrants, and the cutthrotes of reason: for oftentimes doe they make captiue the same vnto the two inferiour

The senses become the cutthrotes of reason.

How that the  
fences steale a  
way and rob  
reason of her  
libertie.

powers; they make her of a mistresse a seruant; and of a free woman, a drudge and thrall to all flauerie. She may well commaund, but she shall be obeyed all one, as lawes and Magistrates are in an estate troubled with ciuill dissensions. Yea tell me, how many soules haue lost their libertie through the sight of the eyes? Doe not men say that that little wanton, that blind archer doth enter into our hearts by this doore, and that loue is shaped by the glittering glimces which issue out of the eyes, or rather by certaine subtile and thin spirits, which passe from the heart to the eye through a strait and narrow way very secretly, and hauing deceiued this porter, doe place loue within, which by little and little doth make it selfe Lord of the house, and casteth reason out of the doores? How oft is reason bewitched by the eare? If thou giue thine eare to hearken vnto these craftie tongues and cogging speeches, vnto these cunning discourfes full of honie, and a thousand other baits, doubt not, but that thy reason wil be surprised: for the scout watch being fallen asleepe, the enemy stealeth vpon them softly, and becommeth master of the fort. The wise *Vlisses*, did not he stop the eares of his companions, fearing least they should bee bewitched and besotted with the melodious tunes and sweete songs of the Syrens? The licorishnes of the taste, sursetting and drunkenness, haue they not spoyled many great personages? And the sence of feeling, (which nature hath giuen to liuing creatures, for the preservation of their kinde) being the grossest and most earthly of all the rest, and so by consequent the most delicate of al the rest, doth it not oftentimes cause vs to become beasts? Reason then is neuer ouertaken, but through the false and treacherous dealing of these doore keepers: no man can at any time come within her pallace, but by the priuitie of these watchmen, for that (as I haue sayd in the beginning of this chapter) the soule being fast shut vp within the bodie, cannot doe any thing but by the aide and assistance of the fences.

### CHAP. III.

*That the sight is the noblest of all the rest of the fences.*

**A**mongst all the fences, that of the sight, in the common iudgement of all the Philosophers, hath been accounted the most noble,

noble, perfect and admirable. The excellencie thereof is to be perceived in an infinite sort of things: but most principally in foure: as first, in respect of the varietie of the obiects which it representeth vnto the soule: secondly, in respect of the meanes of his operation, which is (as it were) altogether spirituall: thirdly, in respect of his particular obiect, which is the light, which is the most noble and perfect qualitie that euer God created: and lastly, in respect of the certaintie of his action. First therefore it is out of all doubt, that the sight causeth vs to know greater varietie and more differences of things, then any of the rest of the sences. For all naturall bodies are visible and may bee scene, but all of them cannot bee felt, neither doe they all afford smells, tastes or sounds: the heauen, the worlds ornament, and most noble substance amongst all the rest, will not suffer vs to touch the same; neither can we heare the sweete harmonie which proceedeth of the concords and agreements of so many diuerse motions. There is nothing but the sight which acquainteth vs therewithall: soft bodies make no sound; neither is there any taste in the earth or fire, and yet euery one of these may bee scene. The sight, besides his owne proper obiect, which is colour, hath an infinit sort of others, as greatnes, number, proportion, motion, rest, situation and distances. And this is the cause why the Philosopher in his Metaphysiques calleth it the sence of inuention, as for that by the meanes thereof, all the goodliest Sciences and Arts haue been inuented and found out. By the meanes of this noble sence, it came first to passe that man should begin to play the Philosopher: for Philosophie was not begot, but by admiring of things; and admiratiō sprung not from elsewhere, then from the sight of pleasant and beautifull things. Whereupon the minde raising it selfe on hie toward heauen, and rauished with the consideration of so many marueilous things, was desirous to know the cause of them, and thereupon began to play the Philosopher. And yet I will say further, that the sight is the sence of our blessednes. For the chiefe felicitie of man consisteth in the knowledge of God. But there is none of the other sences that giueth vs better directions for the same, then the sight. The inuisible things of God (saith the Apostle) are manifested and made knowne vnto vs by the visible. This first and principall cause, which is infinite

Foure things  
prouing the  
excellencie of  
the sight.

The first



A thing wor-  
thie to be con-  
sidered of A-  
theists,

nite and incomprehensible, cannot be knowne but by his effects. *Moses* neuer knew how to see God, otherwise then vpon the backe and hinder parts; for from his countenance proceeded such a shining brightnes, as that it did altogether daffe his sight.

Come hither then thou Atheist wholoever thou art; set on worke this noble sence thoroughly to view, this excellent and perfect workmanship of God, this huge masse which containeth all things. Lift vp thy sight vp on high from whence thou hast taken thy beginning. Behold the throne of his Maiestie, which is heauen, the most complet and fully furnished of all his corporall and sensible workes: looke vpon this infinite number of burning fires in the same, and among the rest, those two great flames which shew vs light, the one by day, and the other by night. Marke the gloriousnes of the Sunne when it ariseth, how it stretcheth forth his beames in a moment, from the one end of the world vnto the other, and how at night it sinketh his chariot in the Ocean Sea. Consider the variable disposition of the Moone in changing her face and shape, the diuerse motions of the Planets, which moue continually with an incredible swiftnes and equalnes, and that in such sort as that they neuer strike one vpon another. If thou be ashamed to looke vp to Heauen, for feare of being constrained to confesse a Deitie, then cast downe thine eyes vpon the waters or earth: see and marke in the Sea a great wonder, how continually it threatneth the earth, and yet neuer ouerfloweth it: how it swalloweth vp all the riuers of the world, and swelleth neuer a whit the more, neither hath it been seene thereby to passe his limits. Weigh with thy selfe how the earth hangeth in the ayre, and so beareth vp it selfe, notwithstanding the huge massines of the same. Call to minde the differences of liuing creatures, which are all most perfect in their kindes; the beautie of stones; the infinite number of plants, the which are not lesse variable, then admirable for their properties. If all this cannot stir thee vp to the acknowledgement of this first and principall cause; if thy delight draw thee away, and steale from thee that time which thou oughtest to spend in the due consideration of such a manifold varietie, then come hither, I will shew thee in lesse then nothing, the summe and brieft of the great world; the head and chiefe of all that euer God wrought; the



the pourtraiture of the vniuersall world: that then being rauished with so merueilous and cunning a peece of worke, thou mayst be constrained to crie out with the great Magician *Zoroaster*, O man, thou wonder and vttermoſt endeouor of nature. I will not at this time ſet before thine eyes any more then the head, in as much as the cleere ſignes and markes of the diuine nature doe ſhine therein moſt euidently. View well this royall palace within, without, and throughout; behold the cunning workmanship of the braine, the three pillars which beare vp the rooſe of this magnificent building, as an *Atlas* ſupporting the Heauens with his ſhoulders: behold alſo his foure cloſets or cels, wherein the principall powers of the minde (if we will beleue the *Arabians*) are lodged, as for example, the imagination in the two formoſt, the reaſon in the middlemoſt, and the memorie in that which is hindermoſt: obſerue moreouer his chriſtallike cleere looking glaſſe, his admirable net, which like to an intricate labyrinth is wouen of a million of ſmall arteries, interlaced and wrought one within another, in which the ſpirits are prepared and refined; the originall of ſinews, the ſiluer thred, and his incredible ſecunditie in the bringing forth of ſinewes; the chanel and water pipes, through which the excrements of the braine are purged. But and if thou wilt not be kept vp within this royall pallace, come forth and thou ſhalt ſee in the forepart of the head theſe two bright ſhining Starres, the two looking glaſſes of the Soule, as thoſe that ſhadow out vnto vs all the paſſions of the ſame: thou wilt admire their beautifull chriſtalline humor, which is more cleere and pure, then any orientall pearles; the poliſhed and exquisite garniſh of the coats, the marueilous nimblenes of the muſcles, but eſpecially of the amorous pulley. On the ſides thou ſhalt ſee the eares, which will no leſſe aſtoniſh thee: for is it not a wittie exploite of nature to cloſe vp in ſo ſmall a hole, a drumme hard laced, hauing on the hinder part two ſmall ſtrings, and three little bones, reſembling a forge, a hammer and a ſtirrop, three ſmall muſcles, and a labyrinth containyng the inward ayre; two windowes, round, after the faſhion of an egge, one nerue, and one griſlie veſſell, which ſtretching it ſelfe to the rooſe of the mouth, cauſeth that goodly ſympathie or mutuall ſuffering, which is betwixt the inſtruments of hearing and ſpeaking? And what

what wilt thou say to that little peece of flesh which moueth it selfe a hundred thousand waies, like vnto an Eele, I meane the tongue, which is the reuealer of all our conceits, the principall messenger of the minde, which singeth (as saith the Apostlle) praise vnto his Creatour, and oftentimes curseth men, which rauisheth, bendeth, thundreth, encourageth the generous minde to fight, which hath power to destroy and ouerturne most flourishing Em-pyres, and to set them againe in their former state. To be short, O thou Atheist consider at once, and all together (if thou be not disposed to take the paines with euery part by it selfe) the beautie and maiestie shining in such sort in the face, as that it causeth all other liuing things to tremble thereat: shalt thou not finde therein some sparkles, or rather I know not what bright beames of the Deitie? Shalt thou not therein also finde the markes and engrauen forme of the Creator? And hauing viewed the whole proportion of the same, shalt thou not, whether thou wilt or no, be constrained to crie with the kingly Prophet: Thy hands O Lord haue fashioned me, I will magnifie thee as long as I liue. How surpassing excellent then is the sight, seeing that in acquainting vs with so many wonderfull things, and such diuersitie of objects, it leadeth vs as it were by the hand vnto the knowledge of God?

The second  
prooffe of the  
excellencie of  
the sight.

A comparing  
of the sight  
and vnderstan-  
ding together.

The second poynt, declaring vnto vs the excellencie of the sight, is the meanes of his operation, which is altogether liuely: for the sight performeth his office at an instant, and that in places farre removed and distant, without mouing it selfe from place to place. I intend (to the end that euery one may know the perfection of this sense) to compare the same, and make it like vnto the vnderstanding. Euen as the vnderstanding part of the minde receiueth from the imaginatiue the formes of things naked and void of substance: euen so the sight is the subiect of formes without bodie, which the Philosophers call intentionals. The vnderstanding comprehendeth the vniuersall world, no place or roome in the vnderstanding taken vp, or any whit more pestered thereby, it containeth Heauen and earth, without any maner of incumbrance from the one to the other so contained therein: the sight comprehendeth also the Heauen, without admitting of any place there-to; the hugest mountaines in the world doe enter all at once, and  
that

that vndiminished through the apple of the eye, without any manner of offence through straitnes of entrance. The vnderstanding iudgeth at one and the very same time of two contraries, as of right and wrong, placeth them indifferently in it selfe, attaineth to the knowledge of the one by the other, and bandeth them vnder one and the same science. The eye at one instant receiueth and is occupied about blacke and white, and distinguisheth them perfectly, the knowledge of the one being no manner of impeachment to the knowledge of the other, being y<sup>e</sup> which the other senses are not capable of. For if a mā haue tasted any bitter thing, his knowledge to iudge aright at y<sup>e</sup> very same instant of that which is sweet will faile, & deceiue him. The vnderstanding in a moment whirleth round about the world: the sight likewise receiueth at one instance of time the whole widenes of heauen. All the other senses doe moue by intercourse of time. And this is the reason why men see the lightning, before they heare the thunder, although that neither of them bee made before or after other. The vnderstanding is free of it own nature, and hath a will either to discourse or not to discourse: The sight in his function hath as it were a certaine kinde of libertie, which nature hath denied vnto the other senses. The eares are alwaies open; so as the nose is also, the skinne is alwaies subiect vnto cold and heate, and other the iniuries of the ayre: but the eyes haue eyelids which open and shut when wee will, for the furtherance or staying of our sight, as best shall please our selues.

The third thing which I haue to testifie the excellencie of the sight, is the certaintie of the function. For it is out of all doubt that this is the most infallible sense, and that which least deceiueth: according to that which mē are wont to say, when they wil assuredly auouch any thing, namely, that they see it with their owne eyes. And the prouerbe vsed amongst men of olde time, is most true, that it is better to haue a witnes which hath seene the thing, then ten which speake but by heare say. *Thales* the Milesian Philosopher said, that there was as much difference betwixt sight and hearing; as betwixt true and false. The Prophets themselves to confirme the truth of their propheties, called them by the name of visions, as being most true and certaine things. Finally, the ex-



The third  
prooffe of the  
excellencie of  
the sight.

cellencie of the sight appeareth in his particular obiekt, which is the most noble, common and best knowne of all others: I call it the most noble, because it is endowed with the goodliest qualitie that is in the whole world (that is to say) the light, which is of an heavenly offspring, and which the Poets call the eldest daughter of God. I call it the commonest, because indifferently it communicateth it selfe vnto all. And I call it the best knowne of vs, in as much as all other naturall bodies do more or lesse consist of mixt colour: and for that there cannot be any part therof in the world, but that it will be attained and gotten by sight. Let vs then say with *Theophrastus*, that the sight is as it were the forme and perfection of man: with the *Stoikes*, that the sight maketh vs to draw neere vnto the diuine nature: and with the Philosopher *Anaxagoras*, that it seemeth that we were borne onely to see.

## CHAP. IIII.

Of the excellencie of the eye, the proper instrument of sight.



If the sence of sight be wonderfull, the member or instrument seruing for the same cannot but goe beyond all wonder: for it is framed so cunningly, and of such beautifull parts, as that there cannot be the man, which is not rauished with the consideration of the same: and for my selfe, I know not whether with *Platine* and *Sinesius* I should call nature some magicall inchauntresse or iuglar, for hauing inclosed in so small a starre so manifold gracious influences, and made a worke so farre surpassing all other her common and ordinary ones. The Egyptians haue worshipped the Sunne, and called it the visible Sonne of the invisible God: and wherefore shall not we admire the eye, which (as the ancient Poet *Orpheus* affirmeth) is the Sun of this little world; more notable without comparison, then that of the great world? The great Sunne by the stretching forth of his beames doth enlighten the whole world; but it reapeth neither profit nor pleasure.

A comparing  
of the Sun and  
the eye together.



sure by this his ministerie, neither doth it selfe see any thing of all that, which it causeth vs to see: The eye, that pettie Sunne, in representing vnto vs whatsoeuer coloured bodies that there are, doth therewithall see and acknowledge them all it selfe, yea it pleasantly delighteth it selfe therein together with the minde, and also perceiueth the fashion, greatnes, and distances of the things about which it is occupied, which no other of the instruments of sence can doe. *Plato* for the honour he bare vnto this diuine part, called it celestiaall and heauenly, he beleeueth that the eye is all full of such straines and fire as the starres haue, which shineth and burneth not. *Orpheus* called the eyes, the looking glasses of nature: *Hesiodus*, the doores for the Sunne to enter in by: *Alexander* the Peripatetician, the windowes of the mind, because that by the eyes we doe cleerely see what is in the same, we pearce into the deepe thoughts thereof, and enter into the priuities of his secret chamber. And as the face doth shadow out vnto vs the liuely and true image of the minde, so the eyes doe lay open vnto vs all the perturbations of the same: the eyes doe admire, loue, and are full of lust. In the eyes, thou maist spie out loue and hatred, sorrow and mirth, resolution and timorousnes, compassion and mercilesnes, hope and despayre, health and sicknes, life and death. Marke I pray thee, how in the seates of loue the eyes can craftely flatter thee, how they become courteous, kinde, full of fauour, craftie, alluring, rowling, and strangely enchaunting thee: in hatred how they looke fierce and sterne; in bold attempts, losie and continually glistering; in feare cast downe, and as it were set fast in the head; in ioy, pleasant and cleere; in pensiuenes, all heauie, mournfull and darke. To be short, they be wholly giuen to follow the motions of the minde, they doe change themselves in a moment, they doe alter and conforme themselves vnto it in such manner, as that *Blemor* the Arabian, and *Syreneus* the Phisition of Cyprus, thought it no absurditie to affirme that the soule dwelt in the eyes: and the common people thereabout, think so vntil this day, for in kissing the eyes they thinke they kisse the soule.

The eyes are the looking glasses of the minde.

All the passions of the minde are to be espied and seene in the eye.

See here thy selfe condemned, O shameles find fault, and vtterly ouerthrowne in thine action, and delay not but come and make condigne satisfaction, by honorably recompensing of nature,

Momus condemned.

That the eyes  
doe shew the  
whole estate of  
mans health.

ture, whom thou hast so maliciously and falsely accused of follie, in the framing of mans bodie, for that she did not set two windows, next neighbours to the heart, through them to spie all the passions of the same. Canst thou wish more goodly windowes then these of the eyes? Doest thou not see therein as in a glasse, the most hidden things of the mind? The poore man, at the barre doth he not reade written in the eyes of his iudge his sentence either of condemnation or absolution? There is (saith *Theocritus*) a broad trodden way betwixt the eye and the heart: a man can not so dissemble the matter, but that such will be the passion of the eye, as is the passion of the heart. It grieueth me that euer I should finde so vaine a discourse, as should containe the eger desire of any man to haue the breast framed of christalline cleerenes, to the end he might see what is within the heart, seeing we are alreadie possessed of this round christalline humour within our eyes, which casteth forth most liuely light, much like the glittering beames comming from a shining glasse moued in the Sun. But if it may be granted me to mixe one dram of Phisick amongst the large masse of these Philosophicall and Poeticall sentences, I dare auouch that in the eyes wee perceiue and discern, the whole estate of the health of the bodie. *Hippocrates* that sacred Oracle of Greece (which all the world as yet euen to this day hath in singular reuerence and rare admiration) hath obserued the same verie well in his Epidemickes, and in his treatise of Prognostications he commandeth the Phisition, when he goeth to see the sicke patient, to behold and looke well vpon the face, but chiefly vpon the eyes, because that in thē as in a glasse, is easily espied the strength or weaknes of the animal powers: if the eye be cleere and bright, it maketh vs well to hope: but and if it bee darke, withered, and clowdie, it presageth death. *Galen* calleth the eye a diuine member, & that part of euery liuing thing which most resembleth the Sun, and therewithall doth so highlye steeme of it, as that he verely beleueth that the braine was made onely for the eyes. The Lawyers doe hold it as a Maxime, that a blind man cannot plead or handle a case well, because he cannot see the maiestie of the Iudge. *Aristotle* that light of nature, in his second booke of the generation of liuing things, sayth, that from the eyes men take intallible signes  
of

of fruitfulness, as, if in dropping some bitter water into a womans eye, she by and by feele the taste thereof vpon her tongue, it is a signe of her aptnes to conceiue. The eyes (sayth the same Philosopher) are full of spirit and seede: and this is the reason, why in new married persons, they bee so much the lesler and as it were languishing. But what neede I to alleadge so many proofes concerning the excellencie of these two Sunnes, seeing that nature her selfe doth sufficiently demonstrate the same vnto vs? Let vs reade in the booke of nature, and see how carefull she hath been to preserue the eyes, as her most deare and trustie messengers: let vs admire the arte and skill she hath vsed in working their safetie and defence, wee shall finde her not to haue forgotten or left out any thing, but so to haue bestirred her selfe, as those men which haue a purpose to fortifie a place, and make it impregnable. First she hath lodged them, as in a bottome or little valley, that so they might not be subiect to the assaults of manifold dangers and hurts: and to the end that nothing might commaund this little valley, she hath raised vp foure notable bulwarkes all fortified with bones, as hard as any stone, which in such sort doe swell and bunch out, as though they were little hillockes made to receiue the blowes, and beare off the violence of euery enemy that might assaile them. Aboue them is the brow bone, ynderneath them the cheek bone: on the right and left hand the two corners, the one of them somewhat greater then the other, and is that which is next the nose; the lesler one being that which is set right ouer against it. And for as much as the forepart of this place lay wide open without any couer, (for feare that the prince commanding the same (which is the eye) should be ouertaken or offended with too much winde, cold or smoke) nature hath made as it were a draw-bridge, to be pulled vp and let downe as the gouernour shall commaund, and this is the eye lid, which openeth and shutteth as best pleaseth vs. The chaines by which this bridge is drawne & let fall, are the muscles, the instruments of voluntary motion. It appeareth then plainly enough, by this great care which nature hath for the preservation and defence of the eyes, how excellent they are, and therewithall we haue our lesson taught vs, how carefull we ought to bee for the preservation thereof.

Natures care  
for the preser-  
uation of the  
eyes.

The fortifica-  
tions seruing  
for the safetie  
of the eye.



## CHAP. V.

*Of the composition of the eye: in generall.*

Seeing it is now time to lay open the skillfull workmanship of these bright starres appearing and rising together, I purpose to describe them in such liuely sort and perfect maner, as that the most curious, and such as are borne onely to carpe (it may be) will content and hold themselves satisfied therewithall, letting passe all those notable obiections and questions, which might bee made about the parts of the eye, for that I haue at large handled them in the fourth booke of my Anatomieall workes. And euen as Cosmographers and those which trauailing applie themselves curiously to obserue and marke things, do first inquire of the names of the prouinces, view and consider the situation, beauty, largenes, strength and entrances of cities, together with whatsoeuer els may be seene without, before they enter into them: so will I describe the forme, situation, fortresses, largenes, vse, and number of the eyes, with whatsoeuer els may bee marked in generall, before I enter into any particular search of the particular and pettie parts of the same.

The names of  
the eye.

The Grecians call the eyes *ophthalmi*, because they make vs see, and the Poets affirme that they are the children of the Nymph *Thea*. The Hebrewes haue called them by the name of *Higb*, to put vs in minde from whence we sprung, as also to teach vs, that our eyes must serue vs to behold the things which are high. The Latines call them *Oculi*, because they are as it were hidden and inclosed within a hollow valley.

The forme of  
the eye.

The shape and figure of the eye is round, but not euery way: for it is somewhat long and steeple fashioned, hauing his foundation outward, and his top inward towards the sinew of sight. This figure was most agreeable vnto it, to the end it might containe much, moue nimble, and free it selfe of offered iniuries. The Mathematicians doe maintaine, that the sphericall figure is of all o-  
ther

The cause of  
the roundnes  
of the eye.



ther moſt apt to containe much: and *Ophthalmiſts* do confidently affirme, that if the eye had not been round, it could neuer haue comprehended the hugenes of great bodies, neither yet could ever haue ſeene at one time many objects, becauſe that no man can ſee but by a direct line. On what ſide ſoeuer then that the eye turneth it ſelfe, many lines doe offer themſelues at once to the apple of the eye which is round: but this could not by any meanes come to paſſe if it were flat or ſouereſquare. This circular ſhape doth alſo ſerue the eye, that it may moue the more nimbly and eaſily, whether it bee vpward or downward, to the right hand, or to the left, or circularly: for ſphericall bodies doe moue as it were of themſelues, being ſtayed and reſting onely vpon a narrow poynt. And I conceiue this roundnes not to bee vnprofitable for the defence of the eye: for amongſt all the ſorts of figures the ſphericall or round figure is the ſtrongeſt, and withſtandeth the aſſaults of outward hurts and harmes, becauſe it is all alike, and hath no vneuenes in it: therein a man ſhall neither finde corner nor poynt, which may worke the ruine and diſſolution of the ſame. The eyes are ſeated vpon high in the body, in the forepart thereof, and as it were in a valley. Vpon high, to diſcouer from a farre, and to keepe that nothing may aſſaile vs at vnwares: they ſerue the creature for ſpies and watches, and are oftentimes called *Phares* in the holie Scripture. But watchmen are vſually wont to bee placed in ſuch plots as doe ouerlooke all the reſt: and no man aſſigneth any other place to the lanterne, but the top of the tower and higheſt place of the ſhip. They are ſet in the forepart of euery creature rather then behinde, becauſe that euery living thing moueth forward: by which meanes it hath the oportunitie to ſpie out whatſoeuer might offend it: and indeede it is not at any time permitted the watch, to ſtand with their backs or blind ſides toward the enimie. Such as write of Anatomie, ſay, that it was neceſſary to place the eyes forward: for that the ſight had great need of a verie ſoft and marrowiſh ſinew, that by it vpon the ſudden there might great ſtore of ſpirits bee brought vnto the eyes: and that ſuch ſinewes cannot poſſibly bee found to put forth backward, ſeeing that way there is none that ſpread themſelues, but ſuch as are too hard and drie. I my ſelfe haue elſewhere approoued this reaſon, but:

The ſituation  
of the eye.

The cauſe why  
they be ſitua-  
ted on high.

And the cauſe  
why before.

The cause why  
they be set in a  
hollow place.

but hauing afterward obserued, that all the nerues doe rise from the hinder part of the braine, and hauing seene the optickes to rise also from thence as well as the rest, I was enforced to chaunge mine opinion. Finally, the eyes are fastned within a little hollow pit (which the common people call a collet) for their better safety, and to preuent the prodigall expence of spirits. This little valley is fortified and entrenched on euery side, either with the brow bone, or with the bone of the nose, or the cheeke-bone, all which are raised round about the same in maner of little hillockes: and and for that the forepart was without any thing to couer it, nature hath shut it in with a lid, which openeth and shutteth at our pleasure, for feare that the eye should bee corrupted and turned from his nature, either by the offence of too much light; or least that it being alwaies open, his spirits should spend and quite vanish away; or least in sleeping, it might bee hurt by outward causes. To which causes I will yet adde one other of mine owne, which is, that if the eye should neuer shut, and thereby the spirits vncessantly be gazing vpon the light, it would come to passe that they would bee vnable to withdraw themselues so speedily into their center, and our sleepe would neuer be so peaceable: for the Philosophers are of opinion, that sleepe is caused by the retraction of the spirits into their secret and inner roomes.

The substance  
of the eye.

The nature of the eye, which men call in anatomicall tearmes the substance of the eye, is altogether soft, bright and shining cleere, thicke and waterish; soft, that so it may readily admit and receiue the formes of things: shining and through cleere, that so the light may pearce it through, as also that thereby the instrument may haue some correspondencie with his object: thicke, to the end that his objects may haue, wherein the better to rest themselues. Now it is the water alone, that can haue all these properties: whereupon it commeth to passe that the eye is of a waterish substance, and not of a fierie substance, as *Plato* sayd: which thing I shall handle more largely in the 10. chapter.

The vse.

The vse of the eye is double: the one is to serue as a guide and watch to discouer whatsoeuer might annoy, and this is common to all liuing creatures: the other is proper to man alone, being, to teach him the knowledge of God by the things that are visible,

to perfect his vnderstanding, and thirdly to consummate his happiness: for by the sight man is made partaker of the beautie of the heauen, by which meanes his vnderstanding part is much beautified and enriched, and he himselfe made as it were like vnto his Creator.

The eyes are two, and that because of the excellencie and necessity of this sence, that thereby the one might serue, if that the other were either diseased or vtterly lost. They be also two in respect of the better perfecting of the sight, for by that meanes a man may see many things at once: for if that man had but one eye, and that placed in the middest of the forehead, as the Poets faine of the Cyclops, wee should onely see the things right afore vs, and not those which should be on either side. These two eyes, although they bee farre enough separated the one from the other, haue such a fellow-feeling, and doe so well agree the one with the other in their actions, as that the one of them cannot moue without, or otherwise then the other: for it is not in our abilitie, to looke vp with the one and downe with the other, or els to stir the one and hold the other still. *Aristotle* imputeth this to the conjunction of the sinewes of sight, and is perswaded that the eyes doe moue together, because they haue the originall and principal cause of their motion, which is found to be in the coniunction of the sinew of sight: common. But this worthie man deceiueth himself in this, as he is ouertaken almost in al other things, wherein he hath to doe concerning Anatomie. The nerue optick medleth not at all with the motion of the eye, it onely bringeth the spirit of sight: for being stopped in the disease called *Gusta Serena*, the sight is quite lost, and yet the motion thereof abideth still. It behoueth vs therefore to attribute the cause thereof, to the end and perfection of this sence. The eyes must moue together, that so the objects thereof may not seeme double. For if wee could looke vp with the one and downe with the other, at one and the same time, this sence which is the worthiest of all the rest, should euermore delude it selfe and become most imperfect, in as much as euery single thing that it should behold, would appeare double: the prooffe whereof may easily be had, if with thy finger thou force the one of thine eyes either higher or lower then the other.

The number.

That they can not moue the one without the other.

*Aristotle* his error.



Their temperature.

Their feeling.

The colours of the eyes.

The temperature of the eye is cold and moist. It seeleth most exquisitely, and hath a merueilous fellow-suffering with the braine.

Man alone hath his eyes of sundry colours: and this varietie commeth either of the humors, or of the grape-coloured coate, or of the spirits. The variation by humors, is because they alter three waies, as either in their situation and placing in the eye, which is sometime more deepe and inward, and sometimes more superficial and outward; or else in their substance, as that which may be grosse or subtile, cleere or dim: or lastly in their quantitie. If the christalline humor be very bright, cleere and subtile, if also it be large, and placed forward in the eye, the eye will seeme fierie and sparkeling; if contrariwise it be duskyish, grosse, and set very much inwardly, the eye will shew blacke or browne: the grape-like tunicle, being oftentimes of diuerse colours, is also a cause of this varietie, and the spirits doe not a little further and serue to procure the same.

## CHAP. VI.

*A very particular description of all the parts of the Eye, and chiefly of the fixe muscles of the same.*



A brieft rehearsal of the parts of the eye.

IS it not one of the wonders of the world, that this little member (which seemeth as though it were nothing) shall be made of more then twentie seuerall parts, all differing one from another, and yet so decently ioyned, and incorporated one with another, as that all the wit of man is not able to blame the same, either of want or surplussage? I purpose to describe one after another, and that in such order, as is to be observed, if one should goe about to dissect or anatomise the same. The eye then is framed of fixe fleshie strings, which men call muscles, and these cause it to moue vpward, downeward, to the right side, to the left, and circularlie, of fixe coates or tunicles, which inwrap all the parts together, nourishing and contayning the humors euery one of them, within their owne precincts and bounds; of three humors, all cleere and thorough-shining, which doe

doe receive, alter and keepe all the objects of sight; of two sinewes which conuey the animall spirit, the one seruing the sight, and is therefore called the nerue opticke, the other seruing for the motion of the eye, of many small veynes which serue for victualers; and of as many arteries to prolong the life thereof; of much fat, by his slipperines to make it nimble, and of two little glandues or kernels, which keepe it moist and fresh, least by his continuall motion it might be ouer heat, and so ouer drie.

The muscles were of necessitie provided and given to the eye, that so it might moue on euery side: for if the eye stooode fast, and immoueable, we should be constrained to turne our head and necke (being all of one peece) for to see: but by these muscles it now moueth it selfe with such swiftnes and nimblenes, without stirring of the head, as is almost incredible, and this is the cause why they are tearmed of the Poet rolling. The muscles of the eye are onely sixe, foure direct or streight, and two oblique or crooked ones; the direct serue for direct motion, as the first of them draweth the eye vp, the second downe, the third towards the nose, and the fourth from the nose. The olde writers being grosslie conceited in matters of Anatomie, haue thought that these foure muscles sprung from within, from the membrane called *Duramater*, but they were foulie deceiued, for so they ought not, and much lesse could they. They ought not, because the said membrane is a very sensible part, and couereth the sinewes of sight, in such maner, as that the muscles performing their offices, and mouing backward toward their roote and originall, should presse the sinew, hinder the passage that should be at libertie, for the spirit to passe through, and for the exquisite sensiblenes that is in *Duramater*, their motion should be alwaies ioynd with much paine. They cannot rise from thence, because their foundation and stay would not be firme and fast enough, their piller would haue been to weake, for it is a poynt of necessitie, that the drawing part should euer be stronger then that which is drawn. We must therefore beleeue and hold, that these foure muscles doe take their beginning from within the collet, from some part of the bone, called *Sphenoides*, and holding diuerse courses, doe fallen themselues vnto

The description of the muscles.

The foure streight muscles.

The error of the olde writers.

The two oblique muscles.

The amorous pulley.

Pleasant deuised names for euery one of the fixe muscles.

The error of the old writers, about a seventh muscle.

the white coate: the two other muscles called oblique, doe stirre the eye in his oblique, and as it were circular motion, the one above, and the other below, alwaies outwardly, and neuer inwardly, because the eye hath nothing within to beholde or looke vpon. The first of the obliques springeth from the place of the foure direct ones, and as it commeth neere vnto the great corner, it maketh a round and white string, which passing through a little pipe or cartilagenous ring in forme of a pulley, maketh a semicircular motion, and inserteth it selfe in oblique maner into the membrane coniunctiue, or white coate before spoken of. This skilfull peece of worke hath laine secret vntill this age, wherein an ingenious Anatomist, named *Fallopins*, hath detected the same. The other springeth from the great corner, and fastneth it selfe in the little, drawing the eye in oblique maner towards the eare. We will giue for sport sake, vnto euery muscle his proper name, and so that which draweth the eye vpward, shall be called proude and haughtie: and that which moueth it downeward, humble and lowly: that which moueth it toward the nose, reader, or drinker, because in reading or drinking, we turne our eyes toward our nose: the fourth which moueth the eye toward the lesse corner, disdainefull or angrie, for that it maketh vs looke awrie: the two oblique or circular ones shall be called rowling and amarous, because they make the eye to moue priuilie, and to cast out wanton glaunces. All Anatomists doe adde a seuenth muscle, which should couer the nerue opticke, keepe it firme, and stay the eye that it goe not out of his place: but they are deceiued, for there is no such found, but in fourefooted beasts, which haue their eyes so much hanging downe toward the earth; but man ordinarilie carrying his face lifted vp to Heauen, had not neede of any such. Some there be which thinke this muscle to be as necessarie for men as beasts, to the making of a setled and direct motion, and such as should resemble the musicall rest, as also to keepe the eye staied and stedfast, when we doe earnestlie behold any thing: but I assure you, that such direct and bent motion is made, when all the fixe muscles together indifferently doe stretch their fibres, as in like sort, when they slacke themselves, the eye standeth not still  
but



but moueth incessantly. If these assertions doe not satisfie them, then let them shew me this seventh muscle, that I may beholde it with mine eye, and I will beleue them.

CHAP. VII.

*Of the fixe coates of the eye.*



He eye being christallike cleere, and of a waterish substance within, required necessarilie, some staying holde by bodies more stable and stedfast, for otherwise the humours would tumble as storme-beaten ships, neuer being at rest. Therefore nature to prevent this mischiefe, hath framed certaine little filmes or skins (which are called of some tunicles or coates) which vnite and fasten together the whole eye, cause the seuerall humors to abide within their proper bounds, and therewith all, conuey their nourishment vnto them. The certaine number of these tunicles is not thoroughly concluded of: for some make moe, and some fewer. *Hippocrates* doth acknowledge but foure, *Galen* hath obserued fiue, and the Anatomists of our time make vp the number of nine. As for my selfe, hauing with all carefulnes perused the leaues of this booke of nature, I cannot finde any more then fixe, which are, the white, the hornie, the grape-like, cobweb-like net-like and glasse coate. For whereas some doe count of one that should be like vnto the eye-bries; it is nothing else but an appendant part of the vitreous: as that which they call the hard coate, is a parcell of the hornie. As concerning the ninth, which is made of the endes of the muscles, there is no shew of reason, why it should be called a tunicle proper to the eye. For if this were graunted, it would also follow, that the common membrane which couereth the muscles of the eye, should be graced with the same priuiledge. The first therefore and largest of all the rest, is called the white coate, or the white of the eye, or otherwise the coniunctiue membrane: I say nothing in this place of the greeke and latine names, for that a man may see them in mine Anatomie. This tunicle is very strong, and riseth from the edges of *Pericranium*: it compasseth

The necessitie of the coats of the eye.

That there are but fiue tunicles or coats.

That the white tunicle is the first.

The threefold  
vse of the same

not the eye round about, or euery where: for it endeth at the circle called *Iris*, by reason of the varietie of the colours thereof. I confesse that there are three vses of this coate. The first whereof is, that it letteth all annoyance which might happen to the eye, by the hardnes of the bones about it. The second, to hold the eye firme, least that either by some maner of excesse, or els some ouer violent motion, it should fall out of his place. The third and last, is to stand fast vnto al the fixe muscles, as whereupon they should not faile to finde sure footing.

The hornie  
membrane.

The second membrane is called *Cornea*, or hornie, because it is cleere & polished, as the hornes of lanternes be: or because it may be diuided into many little skins or thinne membranes: it is also called hard, because of his hardnes, and for that it cometh from the thicke membrane compassing the braine, called *Dura mater*. The substance thereof is thicke, for the better withstanding of outward iniuries: it is also transparent or through cleere, that thereby the light may quickly passe through it: it is smooth, polished and without all colour, because that seruing as a glasse or spectacle vnto the christalline humour, it would haue made euery thing which wee should haue looked vpon, to haue been of the same colour with it selfe, if it had been of any colour at all: this is also the cause, why there are not any veines or arteries to bee seene in it. But if it happen that this skinne grow white, as sometimes it doth through vlcers in the same, or by hauing been scorched by some hot thing, (in such sort as the Turkes vse them which will see *Mahomet* his sepulcher) the sight is lost, the glasse being darkned.

The threefold  
vse of this coat.

This tunicle serueth for three purposes. For first it serueth to defend the humours: secondly, to compassse and keepe them in: and thirdly, to bee in stead of a spectacle vnto the christalline humour.

The grapelike  
coate.

The third tunicle is called *Vnea*, being like vnto the skinne of a blacke grape: it is also called *Choroides*, because it containeth all the vessels which serue for the nourishing of the other coates: or because it cometh from the thin and tender skin compassing the braine called *Pia mater*, which is of *Galen* oftentimes called *Choroides*.

This skinne compasseth the eye round about, except before onely,

onely, where being bored through, it maketh a little round hole, which is called the apple, and is the principall window of the eye, which being ſhut in by chataraets, cauſeth vs to liew in continuall darknes: and this is the onely coate that is partie-coloured. On the fore ſide it is as it were blacke, thereby to hold together the forme of obieets: on the innermoſt or hinder ſide it is blew, greene, and of many other colours, thereby to reſreſh the chriſtalline humour when it is wearied. This ſkinne doth notable good ſeruice to the chriſtalline humour, and other parts of the eye. For firſt it is the meanes to hinder that the hardnes of the hornie membrane ſhould not hurt the chriſtall: then it reſreſheth the ſame with the varietie of his colours: thirdly, it keepeth together and hemmeth in the ſpirits, which otherwiſe would ſpend and diſperſe themſelues abroad: and laſtly, doth ſtore with nourishment, the hornie and netlike membranes, as alſo the humours: and this is the cauſe why nature hath made it ſoft and full of veſſels.

The offices of  
Vuca.

The fourth membrane is called *Aranoides*, becauſe it is very fine, and reſembleth the ciper web, or threeds which the Spider draweth out with her feete: it couereth and lyeth cloſe vnto the chriſtalline humour, and ſerueth to vnite and retaine the formes of things, as the lead doth in looking glaſſes.

The cobweb-  
like coate.

The fiſt is the netlike tunicle, ouercaſt with a million of little threeds, after the faſhion of a net. It groweth from the ſofterſt part of the ſinew of ſight, which naturally is giuen to dilate and widen it ſelfe: and this is the cauſe why when it is caſt into water, one ſhall perceiue it to be all white, ſoft, and as it were marrowlike. The uſe thereof is to conuey the inward light, which is the animall ſpirit, vnto the chriſtalline humour, and to carrie backe againe whatſoeuer receiued formes firſt vnto the nerue optick, and from thence to the braine to iudge thereof.

The netlike  
coate.

The uſe there-  
of.

The laſt is called the vitreous or glaſſie tunicle, becauſe it couereth and containeth the glaſſie humour. The learned of ancient time haue not knowne it. There is to be ſcene in the miſt thereof a round circle like vnto the eyebrie: I ſuppoſe it to be a number of ſmall veines, which conuey blood vnto the ſaid vitreous humour, that there being laboured, it may be made white and fit for the chriſtalline humour.

The glaſſie  
tunicle.



## CHAP. VIII.

*Generally of the three humours of the eyes: but more specially of the beantie and excellencie of the christalline humour.*

The excellency  
of the christal-  
line humour.



That all the  
parts of the eye  
are seruants to  
the christalline.

Soe thus all vailles, shadowes and couert being taken away, it is now time to make a plaine and open shew of the most precious jewell of the eye, that rich diamond, that beautifull christall, which is of more worth then all the pearles of the East. This is that icelike humour, which is the principall instrument of the sight, the soule of the eye, the inward spectacle: this is that humour which alone is altered by colours, & receiueth whatsoeuer formes of the things that are to be scene. This is that christalline humour, which in more hardie wise then *Hercules*, dares to encounter two at once, namely, the outward and inward light. This is that onely christalline humour, which all the other parts of the eye acknowledge their soueraigne, and themselues the vassals thereof: for the hornie tunicle doth the office of a glasse vnto it: the apple, the office of a window: the grapelike coate is as a fayre flowring garden, to cheare and reioyce the same after wearisome labour: the cobweblike coate serueth as lead to retaine such formes as are offered: the waterish humour as a warlike foreward, to intercept and breake off the first charge of the obiects thereof, assaying all vpon the sudden, and with headlong violence to make breach and entrance: The vitreous humour is his cooke, dressing and setting forth in most fit sort his daily repast: The nerue opticke, one of his ordinary messengers, carrying from the braine thereto, commandement and power to see, and conueying backe againe with all speede whatsoeuer hath been scene: The muscles are his lustie steeds and couragious coursers, whereupon being mounted it aduanceth it selfe aloft, casteth it selfe alow, turneth it selfe on the right and left hand: and finally in euery such sort, as seemeth best vnto it selfe. In brieft, this is the principall part of the eye, which I intend to describe, when I shall haue shewed you that which is before it, I meane the waterish humour. All the Anatomists agree that

that there are three humours in the eyes: the waterish, the christalline, and the glasse. The waterish, called also the white humour, hath this name, because it is of the consistence of water, and is (as it were) like vnto the white of an egge. Nature hath placed it before the christalline to be in stead of a rampier, to the end it might not be hurt by the hardnes of the membranes, and that the first and fierce assaults of objects, might bee somewhat rebated: and in such maner, as that it may seeme to be an inward meane to conuey the formes of objects vnto the christalline humour. And looke how the lungs vndertaketh the first encounter of the ayre, and maketh it true fauourite vnto the heart: even so the waterish humour altereth the light which commeth from without, and reconcileth it to that which is within. This humour serueth also to water the christalline and to keepe it moyst: for being drie it can not admit the formes of things. It manageth also the spirits, which otherwise of their owne nature would alwaies be mounting aloft and wandring abroad, and will not suffer them in such sort to spend themselves, being set before them as a barre to keepe them in. It also keepeth asunder the grapelike coate and the christalline humour, and stretcheth forth and filleth continually the hornie membrane, that so by the withering and shrinking thereof the sight may not bee lost. This humour having all these goodly vertues: it is not very like that it should bee an excrement of the christalline humour, as *Amice* the prince of Arabia for Phisicke hath seemed to affirme. And I am so farre from being of his minde, as that I take in for a spermaticke part, not yeelding any thing in title of eldership vnto the christalline, as, hauing ouer and besides his limited proportion or permanent quantitie, his constant abiding place, and his double partition-wall of two membranes, keeping it and the christalline asunder: whereunto may bee added, that (contrary to the nature of an excrement) if it be once lost or spilt, it can neuer be recovered againe, but causeth vs to lose our sight.

The next in sequence is the christalline humour, which is bright and icelike, as is the christall which is pure and well polished. This is the Steele-glasse of the minde, by which it looketh vpon the formes and faces of things, and combineth the lights which before were seuerall and asunder. Some men are of iudgement,

The description of the waterish humour.

Why the waterish humour is set before the christalline.

That the waterish humour is a part of the eye.

The description of the christalline.

The substance  
thereof.

Why the christalline humor  
is not nourished  
with blood.

His shape.

His situation.

The glassie  
humour.

ment, that the inuention and vse of spectacles wastaken from the christalline humour, because that if it be laid vpon a written paper, it causeth the letters to shew twice so great as they are. The substance thereof is waterish, but it runneth not abroad as the others doe; it is faster and more solide, to the end that the formes of obiects, may settle themselues therein; it is also through-cleere, and full of light, to the end it may haue some correspondencie with his obiect, which is lightsome; it is of no colour, that so it may receiue all maner of colours the more indifferently: for if the christalline humour should be tainted either with greene, or red, or yellow, all the obiects thereof would appeare and seeme to be of the same colour. Here we cannot but wonder at the prouidentnes of nature, which would not haue this christalline to be nourished with blood, as all the other parts of the bodie are, for feare that the blood should make it red, but for the better assurance hath dedicated vnto it the vitreous humour, to turne his nutriment into a white colour, and play the part of a cooke, according as the neede thereof should require. The shape is round, and yet not altogether and exactly sphericall, but somewhat flat on the two sides as is a fetch, or the end of a pestell: and this is the reason why the Grecians haue called it *σφαίριον ὡς πέτελλος*. I conceiue that it was thus shaped, that so it might abide more firme, and not to be thrust out of his place vpon euery violent motion of the eye. For such things as be exquisitely round, doe moue (as it were) of themselves, and haue no stay, resting themselves but vpon a poynt. It is placed in the middest of the eye, as in his center, to the end it may equally and indifferently intertaine and admit of both the lights. On the hinder part it is vnderlaid with the vitreous humour, and seemeth (as it were) to swimme vpon the top of the same: on the forepart it hath the waterish humour, and round about it is wrapped in his proper coate called *Aranoides*.

The third and last humour is called glassie, because it resembleth in colour and consistence the moulten glassie. The chiefe vse thereof is to prepare nourishment for the christalline humour, not that the christalline humour should feede vpon it owne substance, as *Auicenna* hath thought. For one part is neuer nourished



or fed of the substance of another: but this doth blanch or turne white the blood, and serue for cooke to the christalline. It preserveth also the christalline from all annoyance that might happen by the hardnes of the membranes, and keepeth in the spirits.

The quantitie thereof is in greater abundance then any of the rest: it is clothed with his owne coate, which is more then the ancient learned in this profession did euer attaine vnto to know.

CHAP. IX.

*Of the sinewes, veines, arteries, and other parts of the eye.*



Here are as yet remaining vntouched, though necessarie helps to the sight, two paire of nerues, and certaine other sinall arteries. The first paire is called opticke, and it bringeth the animall spirit and inward light vnto the christalline humour. This paire springeth not from the first ventricle of the braine, as the Arabians would haue it, neither yet from out of the midst of the lowest part of the braine, as the Grecians haue perswaded themselues, and as all Anatomists of our time doe as yet beleue; but from the hinder part of the braine, where the great and little braine doe ioyne together. This obseruation is new, but most true, and I receiue it, because I haue often scene it. The opticke therefore comming from the hinder part, and hauing finished more then halfe his course, incorporateth it selfe the one with the other, and so becometh one, not growing one vnto another only, as the cōmon sort doth thinke, much lesse onely touching one another, as the mullet doth the millstone, but (as hath been sayd before) they doe in such sort incorporate themselues the one with the other, as that no man is able by any cunning skill to separatethem. This incorporation was needfull for that they being very soft, and hauing such a large peece of ground to trauele, might haue bended and becomming crooked, could neuer haue carried directly forward their spirit, if they had not by this their combination, one strengthened the other. It was meete and conuenient that these two nerues should

The sinew of sight.

From whence it springeth.

Why the sinewes of sight doe grow into one.

The first reason.

The second.

The third.

The insertion  
of the sinewes  
of sight.

The sinewes of  
the eye, seruing  
for motion.

The veines and  
arteries.

The fat.

The glandules.

applie themselves wholly to the seruice of the christalline, and that they should bee drawne along as in the same leuell or direct line with the eyes, otherwise the sight would haue bin continually false, for euery simple object would haue appeared double. But in very deepe it had not been possible for them to haue continued their leuell, being so long and so tender, if they had not been thus vnited in the midst. I will yet adde vnto these former a third benefit by this vnion, and it is to shew that by this meanes the perfection of the sight is greatly furthered and aduanced: for by this meanes euen in a moment the spirit may passe from one eye to the other, and then the one eye being stoppt, the other will become fuller of spirit, and so more strong and able to see a farre off: for so are wee accustomed to doe, namely, to shut the one of our eyes, if we strue to behold any thing a farre off. The opticke nerues after this their vnion, doe againe diuide themselves, and march on forward, either of them grafting himselfe into his proper eye: the inward part of the sinew being marrowish, doth inlarge it selfe and maketh the netlike tunicle: the outward part doth make the membranes called *Cornea* and *Vnea*. *Herophilus*, *Galen*, and almost all other Anatomists, haue supposed this sinew to bee hollow, but it is only spungie: for it is not possible for any man to finde any cavitie in the same. The other couple of sinewes march on vnto the muscles of the eyes, and serue to help their motion: their diuiding of themselves is pretie, full of kindnes, for they send to euery muscle as it were a little fine thred.

There are in the eye many pretie small veines and arteries, which bring life and nourishment to the same: they all spring from the branches of the veines and arteries called *Iugulares* and *Carotides*.

The fat that lieth about the eye doth keepe it moyst, thereby keeping it from withering: it keepeth it also from the iniurie of the cold, preserving his naturall heate: which is the cause that the eye is neuer tainted with a shiuering or quaking cold.

There are belonging to the eye certaine glandules or kernells which water the eye, as also drinke vp like a sponge, the moysture falling vpon them from the braine.

## CHAP. X.

*How we see, as namely whether it be by the sending forth of spirits, or by taking in of the formes of things.*



Thinke my selfe by this time to haue deciphered exactly enough the whole workmanship of the eye, and of all his parts, let vs now looke about and see how it dischargeth his function, which is sight, and how it is accomplished. All Philosophers haue well agreed in this one poynt, that there are three things necessary for to make the sight perfect: that is to say, the instrument which is the eye; the obiect, which is the colour; and the meanes inlightned, which is the aire, or the water, or some other thoroughcleare and cristall-like thing: but when it should come to passe that they should ioyne these three together, and shew the maner of this action, (which is the liueliest and briefest of all the other senses) they iarre among themselves and cannot agree. Some of them would haue that there should issue out of the eye bright beames or a certaine light which should reach vnto the obiect, and thereby cause vs to see it: other some would haue it, that the obiect commeth vnto the eye, and that nothing goeth out of the eye: the first doe hold that we see by emission or hauing something going forth of the eye, the latter by reception or receiuing of the obiect into the eye. The former sect doe ordinarily alleage *Plato* as their prince and chiefe pillar: one of his principall foundations standeth vpon this, that the eye is all full of light, and of the nature of fire; not such as vseth to burne and giue light together, neither yet that which burneth but giueth no light, but such as giueth light and burneth not, like vnto the celestially fire. This foundation seemeth to rest vpon some shew of trueth; for the eye being rubbed, (yea though it be when it is most darke) doth cast forth some bright streames: and commonly wee see the eyes of such as are angrie, all fierce and fierie. *Plinie* hath obserued that *Tyberius Caesar* did make afraid many souldiers with his onely looke, it was so quicke and full of light. *Aristotle* reporteth that

The things  
necessarie to  
make vs see.

*Plato* his opi-  
nion, how that  
we see sending  
forth of some  
thing.

The founda-  
tion of this opi-  
nion.

Reasons to  
proue the eye  
to be of the na-  
ture of fire.



one *Antipho*, a yong man, did alwaies see his owne image by the reflexe of the bright straines which came forth of his eyes. *Galen* telleth of a souldier, who becomming blinde by little and little, perceiued euery day as it were a light to come forth of his eyes, and returned not againe. And doe we not in the night perceiue the Cat, the Woolfe, and many other liuing creatures to haue shining eyes. Moreouer, the more then credible readines and nimbleness of the eye, the performance of his actions in a moment, and without local motion, his steep'e-like shape, doe all euidently testifie, that it is of a subtile nature, and full of fire: the eye also is neuer seene to quake through colde, although it be in the colde, because it selfe is all on a flame. Finally, it cannot bee denied but that the instrument must bee suitable to his object, the object of sight is colour, and auncient writers haue defined colour to bee a flame going out of bodies: it is of necessitie therefore, that the instrument should be of the same nature. If this be true (I meane that the eye is full of fire and sparkling streames) we shalbe forced to belceue, that the eye seeth by emission. This is also the most common receiued opinion, and that which hath drawen manie great learned Clerkes after it, as *Pithagoras*, *Empedocles*, *Hipparcus*, *Democritus*, *Lencippus*, *Epicurus*, *Chrysippus*, *Plato*, and in a maner all others which haue written of the eyes. And now take a viewe of their principal reasons.

Reasons to  
proue that we  
see, by sending  
foorth some-  
thing.  
The first.

The second.

The third.

The Basiliske by his sight poysoneth all them which looke vpon him; women hauing their natural courses, infect the looking-glasses vpon which they cast their eyes. Some report, that if a Woolfe doe first see a man, that then such a man will become hoarse. Men of olde time haue thought, that with the looke one might be bewitched and enchanted, according to the complaint of the Poet: I know not what eye hath bewitched my tender lambes. If a man come neere to one that hath enflamed eyes, and behold him earnestly which hath red eyes, without all peradventure he shall bee troubled with the same disease: all which sheweth that there commeth something out of the eye. Whereupon is it that a great whiteness doth hurt the sight, but onely for that it wasteth the spirits which come forth of the eye? Wherefore should the eye grow weake with looking, but because there commeth

commeth out of it too much light, and that all the spirits vanish and fade away? Whence commeth it that such as would see a very little thing a far off, do claspe their eyes, & halfe close their eyelids? It is not that so they may vnite the beames, and ioyne together the spirits, to the end that afterward they may cast them out more forcibly and directly? Go not the Cats on hunting in the night? and then do they cast out some glittering streames. Furthermore, if we should not see by sending something forth of the eye, it should seeme vnnecessary that the eye should turne it selfe vnto his object, the forme thereof should offer it selfe sufficiently to vs, yea, we should see in not seeing. If we should see onely by taking and receiuing something into our eyes, then great eyes should see better then small ones, because they are the more capable: and so also such eyes as haue large apples should see better then those which haue small ones, which is quite contrary to trueth: a small thing should be as soone scene as a great, and it would be as easie to see a farre off as neere, if the formes be al in the aire. Looke wel (say they which write of the eyes) vpon a small needle which hath his point standing vp, yet at the first cast thou shalt not discern the point: but afterward hauing turned thine eye on the one side and the other, thou shalt see it, because that by such turning, some one bright straine or other, will haue met with it: of the same reason and nature is that which happeneth in smal things that are on the earth, a man cannot tell how to behaue himselfe to see them at the first dash. Finally, if we see by taking something into the eye, the eye should containe at one and the same instant two contrarie things, which is against the lawes of nature, neither could it being so smal containe the greatnes, no nor yet the shape of great mountaines: whereupon we must needs conclude, that we see by sending forth something. Behold here all the faire and goodly forces on this side, which I am now about to pitch and plant in the plaine field: and now let vs goe to view the squadrons on the contrary side.

Chiefe captaine and generall of the same is *Aristotle*, whose followers be the whole band of the Peripatetikes; as also *Aurhores*, *Alexander*, *Themistius*, and an infinite number of others. All these hold that wee see by receiuing something into the eye,

and

The fourth.

The fifth.

The sixth.

The seuenth.

The eight.

The ninth.

The contrary opinions of such as hold that we see by taking in something.

A cleere and  
plaine prooffe,  
that the eye is  
all of water.

Another plaine  
and strong  
prooffe.

Reasons pro-  
ving that we  
see by taking  
in something.

and that there doth nothing goe out of the eye which may helpe vs to see, but that either the object or the forme thereof doth come vnto the eye. The foundation and maine reason is cleane contrary vnto that of the Platonists: for *Plato* was verilie perswaded, that the eye was all full of fire, and *Aristotle* maintaineth that the eye is all full of water, and this he demonstrateth most excellently, and therefore accordingly I will doe my endeuour to set it out most plainly. The instrument of the sight must be thorough cleere, and transparent, that is to say cleere as cristall, to the end there may be some likenes betwixt the object and the instrument, and that there may be some equality betwixt the thing doing, and the thing suffering. This principle is cleerely agreed vpon in naturall Philosophie. But of the things which are cristall-like cleere, some are of subtile and thin bodies, and other some are more compact and thicke. The eye was not to be made cristall-like cleere and thin, because y so it could not haue retained his formes, they would haue speedely past away, not finding any resting place, as doe the bodies which are in the ayre: and the glasse it selfe which is in looking glasses, would neuer make shew of any picture or resemblance, if it were not steeled or leaded on the backside? Whereupon it followeth that the eye must be cristalllike cleere and thicke. Now of all the elements there is no one that is so cleare and thicke besides the water, for the ayre and fire are in deede cleere, but therewithall thin: it followeth therefore, that the eye is of the nature of the water. This firme and demonstratiue argument is vnderpropped by another which cannot be gaine sayd. The chiefe part of the eye is the cristalllike humor, which is nothing else, but a congealed water, which hath before it the waterish humor, and behinde it the vitreous which doth feede and nourish it: if you pearce the eye, you shall not perceiue any other thing to come forth but water, so that we must rather belecue that the eye is of the nature of water, then of fire. This foundation thus laid, it will be easie to make sure the rest of the building, and to maintaine that we see by receiuing of some thing into the eye; and the rather, because it is the propertie of moill things to receiue and take in. Loe here the chiefeft reasons of this sect as they follow. The action of euery sence is a suffering, and to doe the office of any of the senses, is nothing else but



but to suffer: euery action therefore of the senses is accomplished  
 by receiuing, and not by sending forth of any thing, which is an  
 action; as for example the eare heareth by receiuing of sounds;  
 smelling, by receiuing of odours; taste, by receiuing of tastes; and  
 feeling, by receiuing of such qualities as may be felt: and then why  
 should the eye be debarred of this receite? *Aristotle* saith, that  
 they which haue their eyes very moyst, doe seeme to see things  
 bigger then in deede they bee, which argueth that the formes of  
 things are receiued into, and as it were, grauen in the christalline  
 humor: for bodies seeme alwaies to exceede themselves in great-  
 nes, being within the water. Euery object exceeding in his quali-  
 tie, doth destroy his sense, as an exceeding great whitenes doth  
 dimme and dasse the sight: then it must follow, that it is violently  
 receiued. *Aristotle* in his Problemes moueth a question, which  
 may be of some force in this place: as, wherefore the right hand is  
 ordinarilie more nimble and strong then the left, and not one eare  
 giuen to heare more readilie then the other? Whose answer is,  
 that the facultie which causeth the hands to moue, setteth it selfe  
 on worke, and that that which causeth sight and hearing is set on  
 worke: in such sort as that the eyes and eares may equally receiue  
 and suffer. Olde men commonly doe see things a farre off, better  
 then those which are at hand, and this cannot happen of any fierie  
 streames or light, going out of the eye, because that those in them  
 are of small quantitie, and greatly delayed with darkenes; the  
 cause must needes be referred to the forme, which comming from  
 a thing farre remoued, becommeth more fine and subtile, and  
 lesse participating of materiall substance, and by consequent no  
 more fit to be receiued. In winter if the weather be calme and  
 faire, the Starres are often seene at midday; which neuer hapneth  
 in summer; which is, because in winter the ayre being more grosse  
 and thicke, the formes thereof doe consist and abide more perma-  
 nently, as also in greater number in the ayre: but in summer by  
 reason of the thinnes and subtilenes of the ayre, their saide formes,  
 haue no staide abode or meanes to multiplie: and this sheweth,  
 that we see by receiuing in, and not sending forth of any thing.  
 Finally, the eye is like vnto the looking glasse, and this receiueth  
 all such shapes as are brought vnto it, without sending any thing of

The first.

The second.

The third.

The fourth.

The fift.

The sixt.

The seuenth.

The Author  
his opinion.

Arguments  
plainly con-  
vincing the  
Platonists.

That it cannot  
bee any bright  
beame which  
goeth out of  
the eye.

it owne vnto the obiect. They differ onely in this, that the looking glasse hath no power to recommend his formes and shapes vnto their iudge, as the eye doth vnto the common sence by the nerue opticke. Loe here the two battels orderly in array, and right ouer one against the other, I could wish my selfe able to agree them, being the same that *Galen* hath attempted, but in deede there is little likelihoode. For the trueth cannot vphold and defend two things, contrary one to the other. I will therefore set in foote with the stronger side, and maintaine with *Aristotle*, that wee see by receiuing only, and that there goeth nothing out of the eye, which may serue for the making of vs to see. I will vse for my first encounter this reason, which as it seemeth me is sharpe enough. If there goe any thing out of the eye, it is either some fine and subtile bodie, as the animall spirit, or els some streame onely. If it be a bodie, how can it bee carried forth with and in a moment as high as heauen, seeing that euery bodily substance requireth time to moue in, but the sight is finished at one instant? This bodily substance shal it not be beaten, scattered and deceiued by the winds, before it come to the obiect? This bodie thus going forth of the eye, shal it pearce the ayre? or shal the ayre giue place to it? pearce it cannot, because that nature can no more abide the pearcing of bodies, then she can abide that there should bee a place wherein should bee no bodie: if the ayre make way for it, then there will neuer be any sight: for so the coherence and continuitie of straines would bee interrupted, because the ayre would follow it hard at the heeles, and thrust it selfe betwixt the two. If to auoyde the push of these pikes, which yet are sharpe enough, thou wouldest say, that that which goeth out of the eye is a bright beame or light, which pearceth the ayre, and communicateth it selfe in a moment with all that which is the meane, as doth the shine of the Sunne, which inlighteneth the whole ayre without any motion; I will vrge thee more neerely, and will cause thee to see that there is not light enough in the eye to reach vp to heauen. Marke well and consider, that a flame of fire casteth not his streames any further then the proportion of the bignes thereof will beare it out: one candle cannot giue light enough to one whole parlour, and how canst thou imagine that this little member should bee able in a

moment.

moment to reach heauen with his bright beames? It is no difficultie for the Sunne, becauſe it is as great as the whole earth, to caſt forth his beames, and to ſpread them ouer the whole world, but it cannot bee ſo ſayd of the eye. Therefore there can nothing goe forth of the eye, that can reach to the things to be ſeene. Furthermore, if the ſtreames going ſoorth of the eye ſhould bee the cauſe of ſight, then they ſhould returne vnto the eye againe, or els ſtay by the way: if they come not backe againe, neither can they make returne of ſuch bodies as they touch; if they do come back againe, yet there is nothing but bright glittering bodies, which can bee ſeene, becauſe no other then theſe giue any reflexion, and ſo it ſhould follow, that huge and great hills ſhould not bee ſeene. Let vs ſay more, that if theſe ſtreames ſerue to cauſe vs to ſee, that then of neceſſitie, they muſt either returne emptie or laden with their backs full of bodies: if they come emptie, there will be nothing to ſee: if they bring formes or ſemblances of things with them, then haue wee our deſire, that is, that wee ſee by receiuing ſomething into the eye. As concerning the foundations of the Platonists, it is eaſie to ouerthrow them all. I confeſſe that the eye hath great quantitie of brightnes in it, but it proceedeth not from fire, it commeth of the chriſtalline humour, and of the ſhining of the tunicles: for all poliſhed ſubſtances, being after the maner of the hornie membrane, doe ſhine in the darke. The action of the eye performed on the ſudden, and the great quicknes of the ſame, cannot compell me to thinke that it is full of fire. For, the action is ſudden, becauſe the eye receiueth but the bare ſhapes or likenesses of things without matter and bodie. For the nimblenes and dexteritie thereof, we may conceiue that it is no great peece of worke for fixe muſcles readily to moue ſo ſmall a member. The eyes doe not at any time quier with colde, becauſe (as *Ariſtote* ſayth in his Problemes) they bee full of fat, which accidentarie doth keepe them warme, as our garments doe vs: or becauſe they be in continual motion. There is no fire then within the eyes, there is nothing to be found but water, chriſtall and glaſſe. And as for y reasons which they alleage, they be very light: for the Baſilisk and the inflamed eye do not infect vs by the bright beames which come from them, but by a naturall ſubſtance, which is very ſub-

The ground-  
prooſes of the  
Platonists.

Answer to the  
reaſons of the  
Platonists.  
The firſt.



- tile, that is to say by a vapour insensiblie breathing out of the whole bodie, which infecting the ayre, is by it transported to vs.
- The second. That which is alleaged of the wolfe, is no better worth then to bee derided. And as for any enchantment proceeding from the eye, we hold, that naturally there can no such thing bee. Exceeding much whitenes doth ouerthrow the sight, because it draweth out all the spirits, which ought to keepe within the eye, to enable it the more vnto the performance of his office. The eye groweth weake and wearie with looking, as euery other part will doe, which is, for that the naturall heate and spirits (which labour and take paines in the motion of the eye, as also in the holding of the same still) doe spend and waite themselues. Wee doe halfe shut our eyes, when we would see a farre off, not to the end to vnite the shining straines of the eye but rather that the outward light should not suddenly rush in and scatter the inward. The eye must needs turne it selfe towards his obiekt, because sight doth neuer act but by a direct line. Great eyes, and those apples of eyes which are broad, see not so well as the contrary, because the inward spirits are thereby lost, being very necessary in the receiuing of those formes which are to enter into the eye. As concerning the needle, I answered, that at the first wee see not the poynt, because it is not proportionable.
- The fourth. The receiuing of two contraries and of the most huge mountains, is no absurditie, seeing the eye in all cases medleth with nothing but the formes of the things, which are without all matter and substance. Wherefore let nothing let vs to conclude, that the sight is effected by the receiuing in of some thing. But the maner of this receiuing is a very difficult thing, and vnderstood of a very few. To make plaine therefore the same, I will doe my indeuour to search out, what it is that the eye receiueth; in what part it receiueth the same; when it receiueth in any thing and how. Concerning the first poynt, I finde great oddes in opinions. *Democritus* and *Leucippus* doe firmly hold, that wee receive in bodies more small then that they will suffer any diuision. *Epicurus* thinketh that we receive in the only beames of the obiekt. *Alexander* the Peripatetick, the image of the obiekt, and that not as in his proper subiect, but as it were in a looking-glasse. *Aristotle* maintaineth, that we receiue in nothing but the forme which is produced of the obiekt,
- The third.
- The fifth.
- The sixth.
- The seventh.
- The eight.
- A plainer declaring of the maner of receiuing in something.
- What it is that the sight receiueth or taketh in.

object, and multiplied or continued in an vnſeparable continu-  
tie in and by the ayre, as the bodie maketh and produceth the ſha-  
dow, and the Sunne the light. And this is the ſoundeſt iudgement  
of all the reſt, but ſuch as needeth a plainer declaration: for euery  
man is not able at the firſt bluſh, to vnderſtand what is meant by  
the forme of the object. We affirme then that this forme hath not  
his ſeate and place in the vnderſtanding, as alſo that it is not the  
ſame which ſchoolemen call *Ens rationis*, but that it is a certaine  
reall thing ſeated in the ayre and eye. Now whatſoeuer hath a  
reall being, is either a ſubſtance or an accident. This forme cannot  
be a ſubſtance, becauſe that thereby it ſhould be more noble and  
perfect then his object which is colour. Then it is an accident.  
But what kinde a one? Shall we call it a quantitie? No, for then it  
would haue the allowance either of height, bredth or depth: and  
we dare not call it a relation, becauſe relation hath not the force to  
doe any thing, but this forme cauſeth vs to ſee. And leaſt of all  
may wee reduce and bring it vnto the predicament of Action: It  
muſt then needes bee a qualitie, without matter or bodie, and vn-  
capable of all maner of diuiſion: ſuch a forme is called of the Phi-  
loſophers intentionall, which hath reſpect vnto the object, and is  
immediatly produced and made ſhew of, as the ſhadow of the  
bodie. This forme doth multiplie it ſelfe throughout the ayre:  
for the ayre being ſubtile & moyſt, is apt to receiue all the formes:  
and receiuing one part of the object, repreſenteth the whole ob-  
ject. This forme is not ſcene, but maketh vs to ſee, for there is no-  
thing but the object which can be ſcene.

That the eye  
receiueth no-  
thing but the  
formes of  
things.

What this  
forme is.

Some man may demaund, how this forme altereth the ſight in  
vniting or diſperſing of the ſpirits, it ſelfe being voyd of al matter?  
for whitenes diſperſeth the ſpirits, and blacknes keepeth them to-  
gether.

Queſtion.

I anſwere, that this alteration commeth not of the forme, but  
of the light which commeth of the colours. And it is moſt cer-  
taine that a great light waſteth the ſight, becauſe our ſpirits which  
are very ſubtile and light, come ſoorth to ioyne themſelues vnto  
this outward light: on the contrary, they beholding darknes and  
a blacke colour, withdraw themſelues, ſhunning their enemie.  
There is nothing then but a forme without matter which is recei-

Answer.

In what part  
of the eye this  
receipt is made.

The true and  
proper meanes  
by which we  
haue sight.

ued, and hence it is that we see a thing in a moment, and not by intermission of time, as all the other senses haue their operations and actions. Now let vs see in what place, that is, whereabout or in what part of the eye this forme is receiued. Some there are which thinke it to be receiued in the braine, because it is the seate of common sense, and for that there is none of the senses which hath not his originall from the braine. *Anicen* did verely thinke, that this receipt was where the nerues optickes doe ioyne together, and that the object doth not appeare double, because the formes are vnited in this coniunction of the sinewes. Others are of minde, that this receipt is accomplished in the cobweb-like tunicle, which is more cleere and bright then any looking-glasse. But we hold with *Aristotle*, *Galen*, and the trueth also, that this receipt is effected in the cristalline humour, because this is the most noble part of the eye, hauing such a substance as none other hath, and the same seated in the middest of the instrument, as in his center, where the two lights doe meete each other; the outward, which entreth at the apple of the eye, as at a window; and the inward, which is brought thither by the nerue optick. Notwithstanding, if thou bee disposed to reconcile all these seuerall opinions, thou maist say that the receipt is made in the cristalline humour, the rebating of their violence in the tunicles, the perfect consummation in the coniunction of the nerues optickes, the knowledge, triall, or discerning of the same in the substance of the braine. Of all this long discourse these are the fruites which we shall reape; that the sight is effected onely by receiuing of some thing into the eye, and not by sending any thing out of it; that the cristalline humour (being the chiefe instrument of sight) receiue nothing but formes, which are as the shadowes of things that may be seene; that these formes being produced and multiplied along throughout the ayre, are by a direct line and not else receiued, and that at an instant. I am constrained to adde this disputation in this small treatise of the eye, as hauing been vrgently pressed, or rather expressely commanded to doe the same.



## CHAP. XI.

*How many waies the sight may be endamaged and hurt.*



He whole discourse, which I haue gone about to make concerning the excellencie of the sight, the cunning workmanship of the eye, and of all his partes, (besides the delight which it will bring to such as are curious) will not (in my iudgement) be vnprofitable vnto them, which shall earnestly desire to know the diseases of the eyes, and would vndertake to heale and cure the same. For we holde it for a principle in phisicke, that no man can know that which happeneth contrarie to nature in any part, if he doe not first know that which is naturall vnto the same part. The direct (saith *Aristotle* in his first booke of the soule) or straightline, is a rule both to iudge it selfe and the crooked by. It behooueth then that the Phisition should know the naturall state of the eye, and whatsoever is needefull for the execution of his office, if so be he be desirous to know how many waies it may be hurt. Euery action (as *Galen* obserueth in many places) may be hurt three waies, for either it is wholie lost, or else greatly impayred, or else corrupted and depraued. These three faults may happen to the sight, the impeachment or weakenes thereof is ordinarie with olde folkes; the sight is then depraued, when the obiect sheweth other then it is, the vnter losse thereof is called blindenes. The sight groweth weake, either through default of his faculties, or through the euill disposition of the instrument. The facultie which is that power of the soule, which maketh vs see, hath his seate in the braine: if then the brain be altered in his temperature, (as whe it falleth out to be too hote, cold, moyst or drie; or when it is not fashioned well & commendable) then all the senses will bewray a great impeachment in their actions, but aboue all the rest the sight, because the eye being next neighbour vnto the braine, and of a merueilous sympathy with the same, will suffer first of all. The euill disposition of the eye, weakeneth the sight very oft, although that the facultie be in-  
tire

How many  
waies a functi-  
on may be  
hurt.

How the sight  
is weakened.

tire and strong. Such disposition is found sometimes in the whole eye, as when it is too fat and great, or too small and leane, sometimes in some speciall parts thereof, as in the tunicle, humors, muscles, spirits, sinewes, veines and arteries, vnto euery of which doe happen their particular diseases, which I will runne through in the chapter following.

The sight de-  
praued and  
falsified.

The corrupting or falsifying of the sight falleth out; when the obiect sheweth it selfe to be of another colour, forme, quantitie or situation then it is; as for example, if a white thing should shew yellow or red, because the instrument of sight is tainted with some colour: this it is which maketh them that haue the yellow Jaundise, to see euery thing yellow: when the thing which standeth fast, seemeth to moue, as it falleth out in them which haue the disease, called Vertigo, through the disordered and extraordinarie mouing of the spirits; and when one single thing seemeth two, and this falleth out, either through default of the instrument, or through the euill situation of the obiect, or of the eye beames. If both the eyes be not in one and the same leuell, but that the one be high, and the other low, out of doubt euery thing which they behold will shew double: the causes hereof are oftentimes a palse in the one, and a conuulsion in the other. The nerue opticke also being relaxed and mollified on the one side, causeth all things that are looked vpon to seeme double, as it happeneth to such as are drunke. If you presse and beare downe the one eye with your finger, not touching the other, you shall see euery thing double, of which mis sight the situation of the instrument is the principall cause: and the situation of the obiect is the next. As if you whirle a staffe round about, you would thinke that it were a circle, and if long wise, you would iudge it to be nothing but a long stretched line; which happeneth by the swift mouing of the obiect out of his place, for so, before the first figure be worne out, a second cometh into his place. The last cause consisteth in the diuerse situation of the eye beames; as if you looke your selfe in a crackt looking glasse, your face will seeme two faces vnto you.

The losse of  
the sight.

The vtter losse and deprivation of the sight, which we call blindness, cometh either of the driness of the humors, or of the hindring of the two lights, that they cannot meete and ioyne together

ther in the christalline humour. The inward which is the animall spirit, is hindred by the obstruction of the nerue opticke, and this disease is called *gutta serena*; the outward is hindred by the cataract, which shutteth the apple of the eye, the window of the christalline humour. Therefore the sight cannot be hurt, but by one of these three waies.

CHAP. XII.

*A brieue rehearfall of all the diseases of the eye.*



Do not intend here to trouble my mind in drawing forth an exquisite description of all the diseases of the eye, the attempt would be too great, and I could not make so few as twentie chapters of the same, seeing there are so many particular diseases of the eye. I will content my selfe to lay out the way and best ordered course thereunto, for the benefite of young Physicians and Chirurgeons, for whose sake I haue made choice of this chapter.

Now then as concerning the diseases of the eye, some of them are common to the whole member, some others are proper vnto some particular part of the same. Those which concerne the whole eye, are either similar or instrumentall, or common. The similar ones, are the moyst, the drie, the hote, the colde distemperature, as also the simple, the compound, the distemperature without matter, and that which is accompanied with matter. The instrumentall doe shew themselves in the euill shape of the eye, as when it is ouer great or ouer little, or not so situate as were requisite for comelines and vse. The diseases comming of the bignes of it, are when the eye is either too great or too little; the great eye is called the oxeye, it hindereth the action of the eye, for the sight is not so quicke, by reason of the excessiue expence of spirits, neither is it so readie in motion. The cause of this greatnes is either the error of the first forme and shape committed by nature, or else some accident whether flegmatike humor, or inflammation, or

The diuision of the diseases of the eye.

The diseases to be referred to the whole eye.

The greatnes of the eye.



The smalnes  
of the eye.

else some great fluxe of humours falling down vpon the same. The disease contrarie to this, is the smalnes of the eye, which either is the worke of nature, and is called the Pigges eye, or else happeneth by some other meane, as by wasting of the naturall heate, by suffering of intollerable paines, much watchings, sharpe rhowmes, and continuall agues: in such cases the whole eye being weakened, it attracteth not his naturall nourishment, or though it doe, yet it cannot concoct it, and this disease is called the pining away, or leanenes of the eye.

The eye bolted  
out.

The diseases of situation is when the eye is out of his place, as when it commeth out, and when it falleth quite downe; if it come forth, it is called a falling out of the eye, in greeke *ἐκπίπτειν*. *Aniscen* obserueth, that it happeneth either of an outward cause, as of a blowe, a fall, or straine in coughing, vomiting, blowing, or of an inward cause, as of some suddaine falling down of humors, which looseth all the muscles and whole bodie of the eye, or of a great inflammation or other humor.

Solution of  
continuitie.

The common disease is called the solution of continuitie, which happeneth when the eye is burst, or when all the humours thereof are mingled and jumbled together.

Loe these be the diseases which may be referred to the whole bodie of the eye: for the diseases called *Nictalopia*, *Myopiasis*, and *Amblyopia*, are Symptomes, touching onely the spirits or humors, and not the whole eye.

The particular  
diseases of the  
eye.

The particular diseases differ according to the parts of the eye. Now we haue already obserued for parts of the eye, the humors, coates, sinews, and muscles of the same: so then there are diseases proper vnto euery one of these parts. I will begin to describe those which happen to the humors, as being the noblest parts of the eye, as also because *Galen* in his booke of the causes of accidents hath taken the same course.

The disease of  
the christalline  
humour.  
Glaucoma.

The christalline humour is subiect to all maner of disease, but the most vsuall is a drie distemperature, and his going out of his place. His drie distemperature is the cause of an accident, which the Grecians call *πρηνεσμα*, which is a shrinking together, and drie-nes of the christalline humour, thereby becomming as it were white. *Hippocrates* in his third booke of Aphorismes obserueth that

That this diſeaſe doth ſeldome happen but to olde folke, and wee iudge it incurable. The chriſtalline may ſhift out of his place many waies: for either it may ſhift to either ſide, or riſe higher, or fall lower, or it may ſhrinke further into the eye, or come forward toward the forepart of the eye. Howſoeuer it remoue and ſhift, it hurteth the ſight very much: if it bee ſunke farre backe into the eye, it cauſeth that wee cannot behold things which are neere at hand: if it be ſet too forward, it letteth from ſeeing a farre off: if it be more to the one ſide or to the other, wee ſee a ſquint: and when it is too high or too low, euery thing ſeemeth two, becauſe they are not leuell.

The accidents that fall out when the chriſtalline humor is remoued out of his place.

The wateriſh humour being alſo a part as well as the others, hath his particular diſeaſes. If it be too much dried, as it falleth out very oft in cataracts, it taketh the ſight cleane away. If his ſtore be greatly diminiſhed, the chriſtalline humor drieth, the grape-like coate withereth, the hornie membrane ſhrinketh, and the outward light is not rebated. As concerning the glaſſie humor, writers haue not noted any diſeaſes properly belonging thereto: but, in my iudgement, it is ſubiect to the ſame affects that the wateriſh, both in his temperature, ſubſtance, and quantitie.

The diſeaſes of the watric humor.

The tunicles of the eye are fixe, but there are not any more then three, which haue been noted to haue particular diſeaſes, that is to ſay, the coniunctiue, the hornie, and the grape-like: for no man hath deſigned any vnto the cobweb-like, net-like or glaſſie one.

The diſeaſes of the coates.

The diſeaſes proper vnto the coniunctiue are three; inflammation, the naile called in Latine *Pterigium*, and mortification. The inflammation of this membrane is ſometime ſo ſleight, as that it healeth of it ſelf, and then it is called of the Grecians *νεκροεις*. The cauſe thereof is for the moſt part outward, as ſmoke, winde, the Sunne, duſt, open ayre, the ſmell of onyons: if this inflammation be greater, it is abſolutely called *Ophthalmia*: if it bee very great, in ſo much as that it cauſeth the white to be very much puſſed vp, and thereby the apple of the eye to ſeeme to ſtand in a hollow, the Greekes doe call it *νεκρωσις*. There are inflammations proceeding of blood, others proceeding of choler, others of fleagme, and ſome of melancholie: *Galen* ſpeaketh both of moyſt & drie ones; *Hippocrates* of ſymptomatical and criticall ones; *Trallian*

The diſeaſes of the white coate. Inflammation.

The differences of the inflammation of the eye.

The naile.

The feuerall  
sorts of it.

Mortification.

The diseases of  
the hornie  
membrane.  
Pustules.

of such as are accompanied with a consumption, and such as are not of maligne ones, such as are vsuall in the plague time, & such as are not maligne; of continuall ones, and such as keepe ordinary returnes. The second kind of disease is called *Pterigium*. This is a sinewy flesh, which beginneth to grow most commonly at the great corner of the eye, and from thence spreadeth it selfe like a wing vnto the apple of the eye: it is also sometime like vnto a naile, it followeth very often the inflammations that are not orderly cured, it is accompanied with some itching, as also with a little rednes and with some teares. There are many kindes of it, which are all distinguished either by their colour, or manner of fastning of themselues, or by their substance, or greatnes. As for the difference of colour, there are white, red, and yellowish ones. They differ in respect of their fastning, because some sticke fast and close to, whereas others doe suffer themselues to bee easily separated. They differ in substance, because some are thicke, and some thin, some soft, some hard, some membranous like skinnes, some fatty and like vnto grease, and some varicous, which are like vnto a net, knit and made of many small veines and arteries. The bignes maketh the last difference: for some are so small that they passe not the white: other some so great, as that they reach vnto the apple of the eye, and doe greatly hinder the sight.

The third and last disease proper to the white tunicle, is called *ὑπερφωφία* blacknes, or the mortification of the eye. *Paulus Aegineta* and *Aetius*, had defined it a bursting of the veines of the eye, which causeth the blood to settle it selfe all vnder the white tunicle, and the hornie also, making all things seeme red vnto the eye. The cause hereof is ordinarily outward; as some blow or fall: sometimes it is inward, as the fulnes of the veines and the thinnesse of the blood. There are some other diseases of the white tunicle; as pustules and white spots in maner of a skarre, but they are common with this vnto the hornie membrane.

The diseases of the hornie membrane are, pustules; common, maligne, and cankerous vlcers; the retention of purulent matter called *ὑπερμετρία*: the skarre and the rupture. The pustules are called *πυλινγες* of the Grecians, and *Bashor* of the Arabians. These are like vnto little bladders, proceeding of a thin and waterish humour, which



which gathereth amongst the small skinnies of the hornie membrane, and setteth them vpon the stretch. Their differences are knowne by their colour: for some are blacke, and therefore growing betwixt the first and second leafe: and some are white, and do grow betwixt the third and fourth leafe. They differ in situation, because some are more superficiall, and others more deepe. They differ in respect of matter, because some doe rise of a cholericke humour, others of a cleere and thinne water. If the purulent matter continue long after that the pustules bee broken, it maketh an vlcere in the hornie membrane. The Physicians both Greeke and Arabian make seuen sorts of vlcers, three inward, and foue outward: the first of the inward is called *βίτρυον*, of *Paulus Aegineta* and *Anicen annulus*, of others *Fossula*: that is to say, a small, streite, hollow vlcere, hauing no matter in it: the second is wider and not so deepe, *Paulus* calleth it *κάλυμα*, *Anicen*, *lilimie*: the third is very filthie and croustie, the Grecians call it *μύγμα*, the Arabians *Alficume*. The outward vlcers are foue: the first is like vnto a grosse smoke, and maketh the apple of the eye blacke, they call it *δαρυ*: the second is more white and deepe, and is called *μύλον*: the third is round, and appeareth in the circle of the eye; this is *Paulus* his *δαρυμα*: the fourth and last is very filthie, of the colour of ashes, much like to a Locke of wooll, which is the cause that *Anicen* calleth it the woollie vlcere. *Galen* was the first that obserued all these differences, in a little treatise of the eyes, but hee gaue not particular names to euery of them: and throughout this whole treatise there is one notorious fault to be found, which is, that this word inward is alwaies put for the word outward, and contrariwise. *Manardus* hath gone about to carpe at *Anicen*, for notes of difference which hee hath set downe about these vlcers, but hee hath no iust reason so to doe. There grow other vlcers in the hornie membrane which are maligne, and are tearmed *μύμα*, and these fret and spread vnto the muscles and eyelids. There are also in the horny membrane cankerous vlcers accompanied with pricking paines; these are bred of a sharpe and melancholike humour, being of the nature of a canker. The skar is a disease of the horny membrane: for it taketh from it his colour and cleerenes, making it altogether white, it is called *λευκωμα*, or *Albugo*. *Hypopion* commeth very neere

The diuers  
sorts of pu-  
stules.

Vlcers com-  
monly hap-  
pening in the  
hornie mem-  
brane.  
Three vlcers  
within the  
hornie mem-  
brane.

The foure vl-  
cers in the ve-  
ter part of the  
horny mem-  
brane.

The correcting  
of a peece of  
text in *Galen*.

Maligne vlcers.

Cankrous  
vlcers.

A skarre in the  
hornie mem-  
brane.  
*Hypopion*.

Rupture in the  
hornie mem-  
brane.

The diseases  
of the grape-  
like coate.

The falling  
downe of  
Vnea.

Four kinds of  
the foresaid  
disease.

The diseases of  
the apple of  
the eye.  
The disease  
Mydriasis.

The causes of  
such dilatation

vnto it, for it is a collection of purulent water, possessing the blacke of the eye. Lastly, the hornie membrane is sometimes bursten, and then it causeth a disease, which is proper vnto the grape-like coate, which we will describe hereafter.

In the grape-like tunicle we are to consider a bodie and a hole, which is the apple of the eye: the body or substance of it hath a particular disease, which is the falling downe of the same: the apple of the eye is subiect vnto three notable diseases, which are the excessiue widenes and narrownes of the same, and the cataract. The falling down of *Vnea* is called of the Greekes *νεφθησις*, which cannot happen without the bursting or fretting asunder of the hornie membrane which is made to serue in stead of a barre vnto it: the rupture of *Cornea* is almost alwaies of an outward cause, but the fretting a sunder of the same is of an inward. There are ordinarily made foure kindes of this falling downe of *Vnea*, which differ only in greatnes: for if it doe fall downe but a very little, it is called *μυωπις* the head of a flie, but of *Anicen*, *Formicalis*, if yet it fall downe more, and as it were to the greatnes of the skin of a grape, it is called *σκαρδαμυα*: if yet it fall down further and hang as it were a litle apple, it is called *μυωπ*: if vnto all this it grow hard and becme brawnie, it shalbe called *κλυσ*, *Clauus*.

The apple of the eye hath three diseases, for either it becommeth too broad or too narrow, or else altogether shut vp. The ouer much broadnes called of the Greekes *μυδριασις*, is a disease of the instrument, because that the hollownes thereof is greater then it ought. *Galen* maketh two kinde of this dilatation, the one naturall, the other accidental, both of them doe hurt and hinder the sight very greatly, because the inward light doth spend it selfe too fast, and as *Anicen* sayth the formes of things are not receiued so quickly and sharply as they should: This dilatation commeth of too much narrownes of the grape-like tunicle, and it is made narrower, either by being swelled vp by too much moysture, or drawne together by extreame driness: moisture if it bee without mixture paraliseeth the membrane, but if it bee ioyned with matter, as it is in the tumours, abscesses, and other fluxes falling vpon the eye, then it trusseth it vp (as it were) into a narrower roome. Drynesse doth pull in the edges of *Vnea* making larger the

the hole, as we ſee parchment that is very drie. The diſeaſe contrary to this is called of the Greekes *σκληρις*, the conſumption or ſtraitnes of ꝑ apple of the eye, that which is according to nature, is very auailable for the ſight, but that which is accidentary, doth no good, but hurteth alwaies: the cauſe hereof is the falling together of the edges of the grape-like coate: it ſhrinketh together through great ſtore of moiſture, which is no where elſe, but on the ſide of the hole; or elſe by reaſon of the waſting of the wateriſh humor, which filled all this ſpace. The laſt diſeaſe of the apple of the eye, is called of the Grecians *υμερυσμος*, of the Arabians a drop or water, of the common people a Cataract or a pinne and a web. We define it to be an obſtruction of the apple of the eye, cauſed of an vnnaturall humour, which hauing fallen downe thither, groweth thicker by little and little, betwixt the hornie membrane, and the chriſtalline humour. The next cauſe thereof (called the continent cauſe) is an vnnaturall humour, and herein it differeth from *Glaucoma*, which happeneth through the congelation of the naturall humors of the eye; this humour at the firſt floweth like water, but in the end it thickneth and reſembleth more an earthie ſubſtance. This is the cauſe why *Paulus* in his third booke defineth a Cataract or ſuffuſion by this word effuſion, and in his ſixt booke by this word concretion, or congelation, in the firſt place, ſpeaking of that which was the beginning of the diſeaſe, and in the ſecond, of that whereunto it was growne. This humour, if we will belecue *Halyabbas*, *Haly*, and *Azaranius*, is gathered betwixt the grape-like coate, and the chriſtalline humour; but if we had rather beleue *Auicenna*, *Mefius*, and *Albucasiſ*, wee muſt thinke that it gathereth betwixt the hornie and grape-like tunicle. As for my ſelfe, I thinke it may abide in all that ſpace, which is from the inner part of the hornie coate, euen vnto the chriſtalline humour, and that it oftentimes mixeth it ſelfe with the wateriſh humour. This web or ſpot doth hinder the ſight many waies: for if it ſtop all the apple of the eye, which is the window of the eye, the ſight is cleere loſt: if there be but one part of the window ſhur, as the right or left, the vpper or nether, the eye will then ſee the obiects that ſhall be ſet before it, but it cannot ſee any more then one at a time: if the obſtruction be euen in the middeſt of the apple

The diminution of the apple of the eye

The Cataract.

The cauſe of the Cataract.

The place where the humour cauſing the Cataract is ſetled.



apple of the eye, all the things which it beholdeth, will seeme to be deuided, and as it were clouen, and withall it is not possible for such persons to see the middest of the obiect: if the water be not as yet gathered close together, but that it be scatteringly dispersed here and there, one shall see as it were flies to flie in the ayre.

The differences  
of Cataracts.

Their inward  
causes.

The imagina-  
tions going  
before Cata-  
racts.

The diseases  
of the muscles  
of the eye.  
The wrestled  
eye.

The diuerse  
sorts thereof.

The differences of Cataracts are gathered from their greatnes, substance, colour, fastning, situation and maner of growing. For there are some great, and some small, some thicke, and some thin, some white, some of colour like ashes or chalke, some red, some blacke, and some of a citrine colour. The inward causes are the humours and vapours which grow thicke, the humours come either from the braine, by the sinewes, veines and arteries, or else are ingendred in the member it selfe, by reason of the weakenes of the concocting and expelling facultie. Cataracts haue alwaies for their forerunners, certaine false visions, which men call imaginati- ons: for men thinke they see flies, haire, or threds of a spider web in the ayre, which yet are not there. The cause of these visions is a darke shadowie vapour, got betwixt the hornie membrane and christalline humour. This vapour sheweth not it selfe in his proper forme: for then the grape-like coate should as well be seene, but in one of those formes which are in the ayre: it is true that the christalline humour iudgeth these vapours to be without the eye, because it is so accustomed to see outward obiects, that it thinketh that which is within the eye to be without it. These vapours rise sometimes from below, sometimes from the humours which are in the braine, or in the eye it selfe.

The diseases of the muscles of the eye, are principally three, the wrested or wrie eye, the shaking eye, and the astonished eye. The wrested eye is called *σχιζομαθία* or *στρεβιλα*, and is caused either of a Palsey, affecting some of the muscles, and then the part diseased, yeeldeth vnto the sound part: as it happeneth in all other parts that haue the Palsey and opposite muscles: or else it is caused of a conuulsion, affecting some of the muscles, and then the sound part of the eye yeeldeth vnto the diseased. Whatsoever it is, this disease is caused either of drynes, or of superfluous moisture: now in this disease the eye is wrested and set awrie many waies, as on high, a low, and then there is nothing seene but the white of the eye:

eye: *Hippocrates* calleth it *trichiasis*, where the eye is wrested to either side, and maketh the squint eye. The shaking eye, called *trichiasis* is a fault in the muscles of the eye, being so much weakened, that they cannot holde the eye still. All the auncient writers haue beleueed, that this shaking of the eye did proceede of a seventh muscle, which doth imbrace the nerue opticke, but they deceiued themselves: for it is not found in men as I haue shewed in the historie of the eye. I beleue then that as the pausing motion, which naturallie holdeth the eye firme and immouable is then accomplished, when all the fixe muscles draw equally: that euen so this shaking is caused, when the said muscles loose their fibers, not drawing or bending the same at all. There is a disease cleane contrary to this, as when the eyes are set in the head, and cannot moue. *Hippocrates* calleth it *oculus fixus* and *oculus mortuus*, and it happeneth then when the muscles haue lost all their power of mouing, either by obstruction or Palsie possessing the sinew that bringeth motion.

The shaking eye.

The error of the auncient writers.

The fixed eye.

The diseases of the nerue opticke, are obstruction, compression, the Palsie, the falling and bursting thereof, a hard and melancholike humour, inflammation. Obstruction is suddainlie caused through a cold & grosse humour, in as much as the hollownes of the sinew is very smal: It is pressed together through some blowe: the Palsie taketh it, by reason of some thin and waterish humour, which doth mollifie and soften it. The falling thereof is called in Greeke, *σπασμωδία*, when the membranouse endes thereof fall together, not leauing any space for the marrowie substance which should be betwixt them: the bursting thereof commeth of a blow, after which the eye first stappeth out, and after sinking in againe, pineth away. All these diseases of the sinew of sight, doe make one common disease, which the Greekes call *αμαυρωσις*, and the Arabians, *Gutta Serena*. This as *Avicenna* doth very well define it, is a blindness and vtter losse of the sight, without any fault or let appearing in the eye: this blindness commeth by hindering of the course of the inward light.

The diseases of the sinew of sight.

Obstruction.

Compression. Palsie.

The falling of it together.

The breaking of it.

Gutta Serena.

The best learned Physicians doe number the spirits among the parts of the eye, and assigne them their diseases, as *μυωσις*, and *νυκταλυσια*. In the first, one cannot see but in the darke, as in the dawning of the day, and twilight, for at midday this disease will not

The disease of the spirits.

Day blindness.

Night blindness.

let a man reade. In the other it falleth out cleane contrarie, for it causeth that a man cannot see, except he be in a very cleere light; some impute this vnto the spirits: those which haue subtile and thin spirits cannot see in a great light, because such spirits are thereby scattered: such as haue grosse spirits haue neede of a cleere and bright light to enlighten them.

Loe here in a short brieft, the principall diseases of the eye, I meddle not with those of the eye-lids, of the corners of the eye, or of the bordering parts, because I feare me I haue wandred too farre out of my way already, hauing purposed with my selfe onely to shew the excellencie of the sight, and how men may learne the waie to preserue the same: I will therefore returne againe into my way.

## CHAP. XIII.

*A generall and most exquisite regiment for the preservation of the sight, in which is handled very particularlie, whatsoeuer may hurt the eyes, as also whatsoeuer is profitable for them.*



It is now high time to mixe some profitable thing with the pleasant and delightfome: whosoever they bee that feelee some impairing of their sight, or feare some future weakenes of the same, shall see in these two chapters whatsoeuer precious and excellent thing that is to be found in the gardens of the Greeke, Arabian, or Latine Phisitions, for the preservation thereof, seeing I haue sometimes delighted my selfe to crop and picke out thereof, whatsoeuer I could finde or see to be faire and for profit. But for as much as one of the principall causes of the weakenes of the sight (yea I dare be bolde to say, that it is more common then any of the rest) doth proceede of a superfluous moisture of the eye, and of the impurenes of the spirits: I will ordaine an exquisite order for the same, which shall serue for a patterne and scantling the better, to aime at the curing of all the rest of the diseases of the eye. The art which teacheth to heale diseases, called by one word  
of



of the Grecians ~~is~~ <sup>is</sup> ordinarily performed by three instruments, as Diet, or the manner of living, Chirurgie, and Medicine.

The maner of living is alwaies set in the forefront, and hath bin iudged of the ancient learned to bee the chiefe and most noble part, because it is most fauourable and familiar to nature, not disturbing her any maner of way, or molesting her in any respect, so, as medicines and manuell operations doe. This maner of living doth not consist onely in meate and drinke, as the common people imagine, but in the ordering of the fixe things which the Physicians call not naturall; and these are the ayre, meate and drinke, sleepe and watching, labour and rest, emptines and fulnes, and the passions of the minde.

I will begin my order of diet at the ayre, in as much as no man can want it the least minute, and for that it hath a marueilous force to alter and change our bodies on the sudden: The direct passages thereof is through the nose to the braine, and through the mouth to the hart, by the pores of the skinne and mouing of the arteries it goeth throughout the whole bodie: it prouideth matter and nourishment for our spirits. This is the cause why that famous *Hippocrates* did note very well, that of the constitution of the aire doth wholly depend the good and ill disposition of our humours and spirits. In the ayre wee must looke vnto his first and second qualities: his first are heate, colde, moysture and drines, of which the two first are called actiue, and the two latter passiue: the second qualities are when the ayre is grosse, thicke, subtil, pure, darke, light: but let vs now make our profit of all this. It beho- ueth vs for the better preservation of our sight to chuse an ayre which is temperate in his first qualities, as being neither too hot, too cold, too moyst or drie. It is not good to abide in the heate of the Sunne, neither in the beames of the Moone, or in the open aire. The Southerne and Northerne windes are hurtfull to the eyes. Reade that which *Hippocrates* writeth in his third section of Aphorismes. The South winde (saith he) maketh a troubled sight, hard- nes of hearing, a heauie head, dull sences, and all the body lazie and lither, because it begetteth grosse spirits. The North winde is very sharpe, and therefore (as saith the same author) it stingeth and

Good diet hath the first place in the curing of whatlocum diseases.

The power of the ayre.

The qualities of the ayre.

What ayre is good for the sight.

The windes that are bad for the sight.

How to correct the ayre by art.

A perfume.

How the ayre must be affected in his second qualities.

What light is bad for the sight.

What colours doe comfort the sight.

pricketh the eyes. The places that are low, waterish, moyst and full of marishes, are altogether contrary to the welfare of the sight. It is better a great deale to dwell in drie places, and such as are somewhat rising. If a man be forced to dwell in moyst places, his helpe is to alter and rectifie the ayre with artificiall fires, made of the wood of Lawrel, Iuniper, Rosemary and Tamariske: or otherwise to very good purpose hee may make the perfume inuented of the Arabians, and vse it in the chamber where hee keepeth most. Take of the leaues of Eyebright, Fennell, and Margerome of euery one an ounce, of Zyloaloe finely powdered a dramme, of Frankinsence three drammes: mingle them altogether, and perfume your chamber oftentimes therewith.

As concerning the second qualities, a grosse, thicke, and foggie ayre is contrary to the sight, wee must choose such a one as is pure and cleane, purged from all waterish, earthie, nitrous, sulphurous, and other such like mettallike vapours, especially those of quicksiluer: the dust, fire, and smoke do wonderfull harme to the eye: and this is the reason why such as haue a weake sight should neuer intermeddle with Alchimy, for so at once they should consume both their sight and their purse: the vapours arising out of standing waters and from dead bodies are very noysome. Neither yett must the ayre bee too lightsome: for an excessiue light doth scatter the spirits, and causeth the sight oftentimes to be lost. Wee reade that *Zenophanes* his souldiers hauing passed the snow, became all of them as it were blind: and *Dionisius* the tyrant of Sicile, did after the same maner put out the eyes of all his prisoners: for hauing shut them vp in a very darke hole, caused them to bee led forth on the sudden into a very bright light, so that they al thereby lost their sight.

Vnto the light wee will adioyne colours. All colours are not profitable for the sight; the white colour scattereth the spirits, drawing them to it; the blacke maketh them too grosse: there is not any but the greene, blew and violet, which doe much comfort it. And this hath nature taught vs in the framing of the eye: for she hath died the grape-like coate with greene and blew, on that side which is next vnto the christalline humour. The colour of the Saphire and Emeraude is very commodious for the sight. If

you

you deſire often to looke vpon theſe two colours mixed together I wil ſhew you to attaine therunto very eaſily. Take of the flowers of Borage, & of the leaues of Burnet, and when you are diſpoſed to drinke caſt them into the glaſſe: and this will ſerue you for two purpoſes. The colour will comfort your eyes, and the hearbes by their propertie will reſſe the vaporouſnes of the wine. And thus much let bee ſayd of the ayre.

The ſecond poynt of ordering thy diet aright, conſiſteth in Of meates and meate and drinke. It behoueth therefore to know what victuals drinks, are good, and what they be which can hurt the ſight. A man muſt altogether reſtaine ſuch victuals as are of groſſe nourishment, as alſo ſlimie, vaporous, ſalt, windie, ſweete, and ſharpe meates, and ſuch as make many excrements, there muſt alſo bee made a more ſpare ſupper then dinner.

The bread muſt be made of cleane wheate, well leauened and Of bread. ſomewhat ſalted, wherein may bee put Fennell or Aniſe-ſeeds: it muſt not bee eaten new, nor after it is about three daies old. Vnleauened bread doth hurt the ſight extremely, eſpecially if there be any darnell therein: for ſome are of opinion that the uſe of darnell doth deſtroy the ſight. I haue ſometimes read in *Plautus* a pleaſant treatiſe of a page, who not daring to call his companion blind-kard or blind-beetle, mocked him with hauing eaten of darnell.

All fleſh that is eaſily diſgeſted, and doth not abound with ſuperfluous moyſture, is moſt fit to bee eaten, as Chicken, Capon, Of fleſh. Henne, Partridge, Feaſant, Pigeon, Larkes, Turtles, and other mountaine birds, which may bee ſtuffed with ſage or mountaine hiſſope. There are certaine ſorts of fleſh which haue a certaine ſpeciall propertie for to ſtrengthen and cleere the ſight, as the fleſh of the Pye, the Swallow, the Goole, of Vipers well prepared, of the Wolfe, of the he-gote, and other rauinous birds. The Arabian Phiſitions haue obſerued, that the eyes of liuing creatures, doe (I know not by what propertie or ſympathie) comfort the ſight. They doe often uſe the fleſh of Swallowes and Pyes dried in an oven to pepper their meates withall. They forbid vs the uſe of groſſe fleſh, as of Porke, Hare and Hart.

Fiſh (if we credit *Auicen*) is enimie vnto the eyes: but I thinke Of fiſh. wee vnderſtandeth it of ſuch as liue in ſtanding waters, which



haue a slimie substance and flesh, or such as bee salted: for such as haue a salt flesh, as Troures, Rochers, and such like, are not against the eyes. New and soft egges with a little sugar and Cinamon, doe marueilously cleere the sight: but if they be fried with butter, they hurt exceedingly.

All meates made of paste, all baked, and milke meates do hurt the eyes.

Of artificiall  
salts.

As concerning salt meates, spices and sauces, all of them are not forbidden: wee vse to make artificiall salts, which serue marueilouslie to cleere the sight: and therewithall must ordinarily meates bee salted. The salt of treacle is most excellent, whereto may be added some Nutmeg, Mace, Cloues and Fennell seede. There is likewise made salt of Eyebright, after this maner: Take of common salt one ounce, of Eyebright two drammes, of Cinamon and Mace the waight of halfe a crowne, mixe them altogether, and vse it as salt vnto your meate. There be some which adde vnto these salts, the powder of the flesh of a Pye dried in the ouen.

Spices.

Strong spices, as Ginger, Pepper, and mustard do hurt the eyes: it is meete to rest contented with Nutmegs, Cloues, Cinamon and a little Saffron.

Hearbes.

All pulse is mightily against the sight, except it bee Lupines, which strengthen and helpe them by a certaine propertie.

As for hearbes that are good for the eyes, these are commended; Fennell, Sage, Margerome, Rosemary, Betonie, Mints, Mountaine time, Asparagus, Burnet, Succorie, and Parsellie: On the contrary side these are forbidden; Lettise, Cresses, Dill, Basill, Purfelane, Leekes, Coleworts, Garlike, Onions, and all bulbouse rootes, as also Waterchestnuts, and Toadstooles. The Arabians, which were more addicted to dishmeate then the Greekes, doe commend Turneps: but with all these it is very certaine that wee must mixe Fennell or Aniseede, because they be very windie.

Fruites.

Raw fruities, and such as abound with much moysture, doe hurt the sight: before meate presently, one may vse stewed Prunes, and presently after meate a Peare or Quince well preserued, to close the mouth of the stomacke, and to hinder vapours from ascending vp into the head. It will not be amisse after meate to take a  
little

little Fennell or Annise seede comfits, a morsell of *Cidoniatum*, or of preserued Mirobalanes or Nutmegs. Figges and Raisins are not forbidden, but nuts, Chesnuts, and Oliues that are very ripe, are well forbidden. And thus much for meates.

As for drinke, we are to obserue two things therein, the quantitie and the qualitie. *Archigenes* the great Phisition, speaking of the quantitie saith, that in all diseases of the eyes, it is very hurtfull to drinke much. *Aristotle* in his Problemes speaking of the qualitie saith, that they which drinke water haue their sight more subtil: notwithstanding *Auicen* and *Rhases* doe condemne the vse of water, and I am verely perswaded that they doe not displease the sect of good fellowship, which had rather loose their eyes then their wine. To graunt the same which they affirme, I holde it needfull to alay the wine well with water, and to make choise of some small wine, so that it be not sharpe or vaporouse: sweete and new wines are very fuming, thicke wines stay too long in the stomacke, and send too great a quantitie of vapours vnto the braine. We vse to make an artificiall wine of Eyebright, which is very singular for the preseruatiō of the sight. *Arnaldus de Villanova*, a famous Phisition doth confidently affirme, that he cured an olde man almost quite blinde, by the onely vse of wine of eyebright. Also it will doe well to cast a bunch of Eyebright in the wine which one drinketh ordinarilie, or otherwise, as I haue already said, some Burnet with the flowers of Borage; for besides that they comfort the sight with their colour, they will helpe to purge the spirits, and to repress vapours. The hearbes are common enough, and to be come by at all seasons. Such as will not vse wine, shall drinke a simple honied water, or elsē compound one in maner as followeth. Take of cesterne or fountaine water fiftene pounds, of good honie one pound, mingle them both together in a pot, adding thereto some Fennell, Eyebright, and Mace, made vp in a little bagge, the waight of a French crowne, boyle all together, vnto the consumption of the third part, euermore looking well to the taking off of the scum of the honey.

In watching and sleeping, it behoueth to keepe a meane: to sleepe very long hurteth the sight, and to sleepe at noones maketh a blowne paire of cheekes, troubleth the sight, and maketh all the

Drinke.

What quantitie is to be vsed.  
What qualitie it must be of.

Artificiall wines.

Hydromell.

Of watching and sleeping.

body

body lither and lazie: it is best to sleepe vpon the side, hauing the head raised high enough. Immoderate watching doe spend the spirits, coole the braine, and hurt the sight infinitely.

It is good to goe to bed three or foure houres after supper, and to rise very earlie, to walke vp and downe the chamber, to hake and spet, to cleanse the eares, to emptie the bodie of his ordinarie excrements, and after that to combe the head, and that alwaies against the hayre, keeping it very cleane, and not to accustom to washe the face and eyes with colde water, as is ordinarilie accustomed; for colde is an enemy to the eyes and braine: it were better to vse in freedde thereof, a little white wine warme, with some Fennell and Eyebright water.

Of the exercising of the whole bodie.

The moderate exercise of the whole bodie, is good in a morning, neither in deede can any man liue in health (as *Hippocrates* noteth) if hee labour not, to waste the superfluities of the third digestion.

Particular exercises also, as the rubbing of the thighes and legs, will be of good vse, to diuert and turne away the vapours which rise vp to the eyes.

The particular exercises of the eyes.

The eyes haue their particular exercise: to moue them very suddenly and circularlie, doth weaken them: as also to keepe them fixed a long time in one place, and as it were immouable, doth yet wearie them more, for that in this pawling motion, all the fibres of the fixe muscles are equallie stretched, as we see in birdes which houer in the ayre, not stirring out of their place. It is better therefore to keepe them in a moderate motion, for that the muscles performing their actions successiuelly, doe comfort and relieue one another. It is not good to reade much, especially after meate, nor yet to trouble himselfe with too small a letter, or any other curious and choise peece of worke, because that both the facultie or power, and instrument are put to great paines, being occupied about these little things. It is not good to beholde things that moue swiftly; nor yet such as turne round.

Of the passions of the minde.

The bellie must be kept soluble.

All passions of the minde doe much hurt the sight, but about the rest, melancholike dumpes and much weeping.

The belly must be soluble alwaies in all the diseases of the eyes; which *Hippocrates* obserued by the example of them, which haue blood-



blood-shotten eyes, as also such as are vapour-eyed. But and if it be costive, it must be helped by all meanes that are gentle and easie, as laxatiue brothes, Prunes and Raisins laxatiue, lenitiue clisters and such others. Some cause damaske Prunes to be stewed in a syrope, with Sene, Agaricke, and Sugar, whereof foure or fiue are to be taken in the morning before breakfast or dinner.

CHAP. XIII.

*Select and choise remedies for the preservation of the sight,  
and the order that is to be kept in the applica-  
tion of them.*



Seeing that the weakenes of sight commeth ordinari-  
lie, either of the distemperature of the braine, or of  
the euill disposition of the eye: the rationall and  
methodicall Phisition ought alwaies to haue regard  
vnto these two poynts. The braine if it bee too  
moist, must be dried; and the eye if it be weake, must be streng-  
thened. *Plato* in a dialogue of his, doth counsaile, neuer to at-  
tempt the drying or strengthening of the eye by outward reme-  
dies, without hauing first purged the head. We will therefore  
take our beginning at the purging of the head; and for as much  
as it is hard to purge the same well, if the whole bodie (which  
doth ordinari-<sup>The purging</sup>lie send great stoare of excrements thither) be not  
of the whole  
bodie and of  
the braine.  
very cleane, it will be requisite to chuse a remedie, which in pur-  
ging the braine, may gentlie emptie the whole bodie also, and  
therewithall somewhat respect the eye. That forme which is  
proper to pills, is most fit for this purpose. The Arabians com-  
mend the pilles, called Elephangine, the pilles of Agaricke, and  
*pillula lucis maiores* and *minores*: Wee may prepare a masse of  
this mixture.

Take of Aloes well washed in Fennel and Eyebright water, A description  
three drams, of good Agaricke one dram and a halfe, of Rubarbe, of such pills as  
a dramme, of the flesh of Citrine mirobalanes, chafed in the oyle are to be used,  
of sweete Almonds, foure scruples; of Sene of the East well pow-  
dered a dramme; of Masticke, Ginger, and Cinnamome, of each  
L halfe

halfe a scruple, of Trocisks a land hall five or sixe graines to acuate it withall, infuse all these in the iuyce of Fenel, and sirope of Stechados, and make vp a masse, thereof take a dramme twise euery moneth, either at evening or morning. Or else,

Take of the powder of Hiera two drammes, of good Agaricke foure scruples, of Anise seede, Fennel seede, and Sefeli seede, of each halfe a scruple, of Maces, Cinnamome, and Mirrhe, of each five graines, with honie of Roses, Rosemarie flowers and the water of Fennel; make these vp in a masse, and take thereof a dram euery weeke: they which cannot swallow pills, shall vse this magistrall sirop.

A magistrall  
sirope.

Take of the roote of Fennel, Acorus, and Elecampane, of euery one an ounce, of the leaues of Eyebright, Betonie, Furnitorie, Mercurie, Succorie, Germander, and Veruaine, of euery one a handfull, a dozen of damaske Raisins, and as many Prunes, of Anise and Fennel seede two drammes, of the flowers of Sage, Stechados, Rosemarie, and eyebright, of euery one a pugil: boyle them all in faire water, and when you haue strained it, adde thereto the expresion of three ounces of Sene which haue bin infused a good while in the foresaid decoction warme: as also the expresion of an ounce of Agaricke, with a dramme of cloues and as much Cinnamome: boyle them all together againe with a sufficient quantitie of Sugar vntil it haue the consistence of a sirope that is well boyled, aromatize it with halfe a dramme of Nutmegs and as much of the powder of *Diarrhodon*. If in the ende and shutting vp of this sirope there be put thereto the infusion of the weight of halfe an ounce of Rubarbe strongly pressed out, it cannot chuse but be a great deale better. Hereof one shall take euerie five daies the quantitie of two ounces, more or lesse according to the working, and that in some broth or decoction appropriate vnto the head and eyes. The often vse of Clusters is requisite in all the diseases of the eyes, eares, and head.

Clusters.

Decoctions  
prouoking  
sweate.

If the braine should be very moist, and that the temperature of the bodie doe not withstand, the vse of the roote China, or of Zarza, Perilla, putting thereto of the leaues of Eyebright, and of the seede of Fennell, would be of very good effect. For together with the consuming of the superfluous moisture of the whole body,

body, it would ſtrengthen the braine and the eye: and yet I beleeue that the uſe of Saffaſras hauing the ſmell of Aniſe-ſeede, would be a great deale more fit.

The bodie being purged by theſe vniuerſall remedies, the braine may afterward with greater ſecuritie be euacuated by the mouth and noſtreils, which are the ordinarie draines that nature hath ordayned for the cleaning thereof; I ſhould better allow of Maſticatories then Irrhines, becauſe the noſe is ſeated very neere vnto the eyes, and communicateth greatly therewith, by the hole which goeth through them to the great corner of the eye, in ſuch ſort as that there being any forcible attracting of any humour through the noſe, it might be the occaſion of drawing the ſame vnto the eye, which is the part that is diſeaſed. This is alſo the ap-  
 poyntment, of that great Phiſition *Hippocrates*, in the ſecond ſection of his fixt booke of Epidemicall diſeaſes. It is meete and neceſſarie (ſaith he) that humours falling vpon the eyes, ſhould be diuerted vnto the palate and mouth. It were better therefore to chawe and maſticate ſomething as daſke reaſons, ſprinkled with a drop or two of the eſſence of Fennell, or elſe to rub the palate with the ſaid eſſence alone, whoſe vapour aſcending vp to the braine and eye, will ſtrengthen them, and not ſuffer them to attraſt any vicious humours.

Maſticatories

Fricacies and rubbings of the head, made againſt the hayre with bags, perfumes, and artificiall coifes, ſuch as we will preſcribe in the chapter of rheume, will euacuate the braine by inſenſible tranſpiration.

Rubbings of the head.

*Hippocrates* in the diſeaſes of the eyes, applieth cupping glaſſes vnto the necke, and hinder part of the head, to the ſhoulders and thighes.

Cupping-glaſſes.

We muſt not forget among the particular euacuations of the head, to ſpeake of cauteries: it is very true in deede that Phiſitions doe not accord of the place where they are to bee applied. Some there be that applie them vpon the top of the head: but I am iealous of that place, for that I haue ſcene fearefull accidents to happen by reaſon of *Pericranium*, when the cautricke hath ſearched too deepe: and I could like it better, that it ſhould be applied behinde: for ſuch reuulſion would worke more effectually, and fur-

Cauterics,



A worthie obseruation of the originall of the sinewes.

The fittest place for the application of cauterics.

Blood-letting.

Medicines to strengthen and sharpen the sight.

ther, it is very certaine that the rising of all the sinewes lyeth behinde. This is a worthie thing to be noted, and that which but a few men haue marked, I haue oftentimes shewed the same both in my publike and priuate dissections. There is a certaine Italian Phisition, which boasteth himselfe to haue been the first founder and finder of this matter: but I haue long since read the same obserued of *Hippocrates* in his booke of the nature of bones. This cauterie is not to be applied vpon that part of the head called *Oecipus*, because that thence there would issue nothing, but ouer against the space which is betwixt the first and second *Vertebre*: being the very place, where *Setons* also are ordinarily set. In old and inueterate diseases of the eyes, I could approue of that deriuation made by cauterie behinde the eares, because the branches of the veines and arteries called *Carotides* and *Inguiales*, (from which the eye hath all his outward store of veines and arteries) do passe along that way. And these are the most proper & fit meanes (in my iudgement) to euacuate as well sensibly as insensibly the whole bodie, the head and the eyes. I haue not spoken of blood-letting, because there is not any place for it here: and it is so farre off from profiting them which are weake sighted, that it weakeneth them more, taking away blood, which is the storehouse of nature, and that iuyce, whereby it is most cherished. And yet in great paines, inflammations and sudden fluxes of humours, it may doe good.

After euacuation, we must thinke how to strengthen the braine and the eye, to which vse and purpose there are opiates, lozenges and powders, which haue proprietie to cleere and strengthen the sight, as Treacle and Mithridate are greatly commended and commanded, for such as haue their braine and eyes very rheumaticke and moyst.

The conserues also of the flowers of Betonie, Sage, Rosemary and Eyebright, there may be framed a composition or Opiate in maner as followeth. Take of the conserues of the flowers of Eyebright, Betonie, and Rosemary, of each an ounce, of olde Treacle three drammes, of conserue of Roses halfe an ounce, of the powder of *Diarrhodon* a dramme and a halfe, of Maces two scruples: make an Opiate hereof with the syrope of Citrons, and take there

of

of oftentimes in the morning when you riſe.

One may alſo make a confection, with two ounces of roſed Sugar, and as much of the ſugar of Borage flowers, with two drammes of the powder of *Diarrhodon*, and halfe a dram of the powder of Eyebright, Betonie and Fennell, which may be taken in the morning.

A confection.

At night going to bed, there are certaine powders to bee uſed and taken inward, that ſo the vertues thereof may bee conueied, together with the vapours of the meate. Take of Eyebright three drammes, of Fennell two drammes, of Aniſe and of Sefeli a dram, of Mace two ſcruples, and of Cinamome and Cloues as much, of the ſeede of Rew and Germander halfe a dramme, of the ſeede of Pionie a dram, of roſed Sugar ſo much as needeth: make them into very fine powder, and take thereof a ſpoonfull at your going to bed.

A powder to be taken at night.

After meate alſo one may uſe digeſtiue powders, with Coriander, Fennell, red Roſes, Corall, Pearle, Eyebright, Mace, and roſed Sugar: or els uſe this condite. Take of Fennell and Coriander Comfits, of each halfe an ounce, of the rindes of Citrons and Mirobalanes condited, of each two drammes, of dried Eyebright one dram, of Mace halfe a dram, of roſed Sugar ſo much as needeth: make thereof a condite, whereof take a ſpoonfull after euery meale.

A powder helping concoction.  
A condite.

The Arabians doe highly commend this powder to bee taken after meate. Take of the Trociſkes of Vipers a dram, of the powder of Eyebright foure ſcruples, of ſweete Fennell two ſcruples, of the ſtones which are found in the eyes of a Pike, one ſcruple, of roſed Sugar foure ounces: and make thereof a powder.

And hitherto concerning inward medicines, which ſerue for the cleering and ſtrengthening of the ſight: and now wee are to lay out the outward, which are waters, colliries, and oynments. There are an infinite number of receipts, but I will put downe three or foure of the moſt exquisite and beſt approved. As for to waſh the eyes in the morning uſe theſe diſtilled waters. Take of the crops of Fennell, Rew, Eyebright, Vervaine, Tormentil, Betonie, wilde Roſes, of male Pimpernell, Burnet, Clarie, Agrimonie, Cheruile, mountaine Hiſſope, and mountaine Siler, of euery one

Outward remedies.  
A diſtilled water.

Another wa-  
ter.

A very good  
medicine for  
the eyes.

An excellent  
water of bread

A water.

two good handfuls : shred all these hearbes very small, and infuse them first in white wine, and afterward in the vrine of a young boy that is in perfect health, and thirdly in womans milke : and lastly in good honey : after which distill the whole, and keepe this water carefully, putting euery morning a drop therof into the eye. You may also euery morning wash your eyes with wine, wherein hath been boyled Fennell, Eyebright, and a little of Chebule Mirobalanes. Some make a water of the iuyces of male Pimpernell, Gerinander, Clarie and Rew: putting thereto afterward of Cloues, Mace, and Nutmeg two or three drams, and haue infused them all together in white wine, to distill them with good honey. I finde the remedie which I now set downe, to be very good for the preservation and strength of the eyes. Take of the water of Eyebright and Roses well distilled, foure ounces : afterward provide two or three small bags in which is contained a dram and a halfe of Tutia well prepared, and of good Aloes a scruple : hang these bagges in the waters aforesaid, and wash your eyes therewith euery night.

The water of bread (so called) is very excellent. You must make paste with flower grossely sifted, and the powder of Rew, Fennell and Clarie, which they call great Celondine : of this paste you must make a loafe and bake in the ouen, which so soone as it is baked must be clouen in two, and put betwixt two siluer plates, or peauter dishes, made very close in such sort as that there may nothing breath out: and so you shall thence gather a water, which must bee kept for the eyes. Some also doe much commend the extraction of Fennegreek with Honey. The water of blew flowers called Blew-bottles and growing in the corne, distilled, is excellent good for the preservation of the sight. Some also take the stalke of Fennell a little aboue the roote, and cutting it, fill it with the powder of Sugar candie : whereupon commeth forth a licour which is singular for the eyes. I cannot but highly praise this water, which I am about to describe. Take of White wine a pound and a halfe, and as much of good Rosewater, of Tutia well prepared an ounce, of the rinde of Nutmeg called Mace, half an ounce: put all these together in a glasse violl close stopped, and set it in the heate of the Sunne twenty daies, stirring it euery day till it become very cleere.

There



There is a singuler oyntment for the preseruatiō of the eyes. An oyntment  
for the eyes.  
Take of Hogs grease very new, two ounces: steepe it in Rosewa-  
ter fixe houres: after wash it againe twelue seuerall times in the  
best White wine that may bee got, by the space of fīue or sixe  
houres more, adde after ward vnto this grease of Tutia well prepa-  
red and finely powdred one ounce, of the stone *Hematites* well  
washed a scruple, of Aloes well washed and made into powder  
twelue graines, of powder of Pearle three graines: mixe all toge-  
ther with a litle of the water of Fennell, and make them vp in an  
oyntment, whereof ye may put a very litle in both the corners of  
your eyes. There is great store euery where of other outward re-  
medies which may serue for the eyes, as Colliries, or Eyesalues  
and powders, which are blowne into the eyes: but I finde them  
not so fit for the purpose as waters.

The Arabians vse washing of the head, the better to preserue Washing of  
the head.  
the sight: but it is not very good in the weakenes of the eyes to  
trouble the braine: but if there be any such thing vsed, it may bee  
done in this sort. Take the lye that is made of the Vine ashes, of  
the leaves of Stechados, Betonie, Eyebright, Celandine and Ca-  
momill, of each a handfull, of Agarick and Chebule Mirobalanes  
tied in a cloute, of each two drammes: boyle all together till the  
fourth part be consumed, and therewith wash your head. Or else  
take dried Eyebright, and make it into ashes: then adde thereto  
the water of Eyebright, and make thereof a lye.

Loe these be the meanes whereby we shall be able to preserue  
the sight, especially if the diminution thereof come by some great  
moysture of the braine and eyes, as is that of my Ladies the Dut-  
chesse of *Uxer*, to whom this whole discourse is particularly de-  
dicated. I do not set downe the remedies, which are proper to the  
seuerall diseases of the eyes, for so I should spend too much time.  
It was my purpose onely to prepare this generall regiment, which  
might serue as a patterne for the curing of all the rest. *Monsieur*  
*Guillemeau* the kings Surgeon, hath put forth a very learned trea-  
tise, wherein are to bee found, the most exquisite remedies set  
downe and vsed by the old and new writers. Vnto his booke I re-  
ferre the reader, seeing it is extant in our common language.

*An end of the first discourse.*

THE



THE SECOND DISCOVRSE,  
WHEREIN ARE HANDLED THE  
diseases of melancholie, and the meanes  
to cure them.

CHAP. I.

*That man is a diuine and politike creature, endued with shres  
seuerall noble powers, as Imagination, Reason  
and Memorie.*



The praise of  
mankinde.

*A* *Bdalar* the Sarrafin being importunatelie pressed, and as it were forced to speake and tell, what it was that hee found to bee most wonderfull in all the world: answered at last with great commendation, that man alone did surpasse all other wonder whatsoeuer. An answere in truth befitting a great Philosopher, rather then a rude and vnlettered man. For man hauing the image of God engrauen in his soule, and representing in his body the modell of the whole world, can in a moment transforme himselfe into euery thing like a Proteus, or receiue at an instant the stampe of a thousand colours like to the Chamelion. *Phanorine* acknowledged nothing to be great here on earth but onely man. The wise men of Egypt haue vouchsafed him such honour, as to call him a mortall God. Thrice renowned *Mercurie* calleth him the liuing creature full of diuine parts, the messenger of the Gods, the Lord of the things below, and fellow companion with the Spirits aboue: *Pisbgoras*, the measure of all things: *Synesius*, the Horizon of things hauing and not hauing bodies: *Zoroaster* in a certaine kinde of rauishment proclaimed him, the mightie worke  
and

and wonder of nature: *Plato*, the maruile of maruiles: *Aristotle* the politike living creature, furnished with reason and counsaile, which is all, as possessing all things by power, though not really and in very deede (as *Empedocles* would haue it to be) but by the comprehending and conceiuing of the formes and seuerall sorts of things: *Plinie* the ape or puppie of nature, the counterfeite of the whole world, the abridgement of the great world. Amongst the Diuines, there are some which haue called him, euery maner of creature, because he hath intercoure with euery maner of creature; he hath a being, as haue the stones; life, as haue the plants; and sence or feeling as the beasts; and vnderstanding, as haue the Angels. Other some haue honoured him, giuing him the title of vniuersall gouernour, as hauing all things vnder his empire and iurisdiction, as being he to whom euery thing yeeldeth obediēce, and for whose sake the whole world was created. In brieft, this is the chiefe and principall of Gods worke, and the most noble of all other creatures. But this his excellencie, whereby he is more glorious then all the rest, is not in respect of his bodie, although the shape thereof bee more exquisite, better tempered, and of more comely proportion then any other thing in the world, seruing as *Polytelus* his rule for the fashioning of other things, and being as a platforme, whereby the master builders may frame and contriue their buildings. This noblenes (I say) commeth not of the bodie, which consisteth of matter and is corruptible: no, the extract thereof, or that which is indeede excellent therein, is further setcht: It is the soule alone whereby he is so renowned, being a forme altogether celestially and diuine, not taking his originall from the effectually working of any matter, as that of plants and beasts doth. It is created of God, and commeth downe from heauen to gouerne the bodie, so soone as the members thereof are made: the effects thereof doe sufficiently proue vnto vs, the worthines of the same. For besides the vegetatiue and sensitiue facultie, it inioyeth three speciall powers and faculties, which extol and aduance man, aboue all other liuing creatures: and these three are the Imagination, Reason, and Memorie. Of these, reason is the principall and chiefe: the other two, because they are her ordinary handmaidens, (the one to report; the other, to register

From whence  
the excellencie  
of man spring-  
geth.

The excellen-  
cie of man-  
kinde.

The three ex-  
cellent powers  
of the soule.



The imagination.

and write downe, doe enioy the priuiledges of renowned excellencie, doe lodge within her royall pallace, and that very neere her owne person, the one in her vtter, and the other in her inner chamber. The imaginatiue facultie doth represent and set before the intellectuall, all the objects which she hath receiued from the common sence, making report of whatsoever is discovered of the spies abroad: vpon which reports the intellectuall or vnderstanding part of the minde, frameth her conclusions, which are very often false, the imagination making vntue reports. For as the most prudent and carefull Captaines vndertake very oft the enterprises which proue foolish and fond, and that because of false aduertisement: euen so reason doth often make but foolish discourses, hauing been misse-informed by a fayned fantasie.

The opinions of the Grecians against the excellencie of imagination.

Some Greeke Philosophers there be, which would debarre the imagination of her reputed renowne and excellencie, straining themselves to make her as base as the other actions of the senses: and I haue in place where, read two seuerall opinions to that end: the first is of such as thinke that the imagination and common sence is all one: the other is of them, which affirme that brute beasts haue an imagination as well as men; and that either of these two being true, there is not any cause why it should be inthronized among the worthies. But I will cause it to appeare manifest vnto euery one, how fondly they haue suffered themselves to be abused.

The error of the Philosophers.

All such as haue applied themselves to play the Philosophers after the most commendable sort and maner, doe holde it for granted and out of all question: that the imagination is a certaine thing surpassing the common or inward sence, which iudgeth of all outward objects, and vnto which as vnto their center, all the formes of the other senses doe betake themselves: for the common sence, receiueth at one and the same instant with the outward senses the formes of things, and that (if I may be allowed to vse schoole termes) with the reall power of the object, but the imagination receiueth and reteyneth them without any presence of the object. The imagination compoundeth and ioyneth together the formes of things, as of Golde and a mountaine, it maketh a golden mountaine, which the common sence cannot doe:

The difference betwixt the imagination and the common sence.

for the inward sence cannot take holde of any thing, saue that which the outward senses perceiue, but the imagination proceedeth further: for the sillie Sheepe hauing spied the Wolfe, getteth himselfe by and by out of his way, as from his enemy; this enimitie is not knowne by the sence, for it is no object of the senses, but it is the meere worke of imagination to know the same. This then is a power farre differing from the common sence, which in deede is found truely to be in beasts, but the other cannot possibly be found in them in that degree of excellencie that it is in men. I would that euery one should see the difference betwixt that imagination which is in men, and that which is in beasts. The imagination which is in beasts, serueth them onely to follow the motions and passions of their appetite, and is not employed, but onely about action, that is to say, either in following that which may doe them good, or in auoiding of that which may annoy them. The imagination of man serueth both for action and contemplation. The imagination of beasts cannot counterfeite any thing further, then as it is present and before their eyes; but man hath the libertie to imagine what he listeth, and although there be no present object, yet it taketh out of the treasure, which is the memorie whatsoeuer may content it. The beasts haue their imagination occupied onely when they are exercised, and not when they are out of worke and labour; but man hath the vse of imagination at all times, and at euery houre. The beast hath no sooner imagined, but he moueth himselfe by and by, and goeth after that which his appetite stirreth him vp vnto; but man followeth not alwaies the motions of his appetite, he hath reason to bridle the same withall, as when it findeth out any error therein. The imagination of beasts cannot frame to it selfe any mountaines of golde, neither yet can it faine the things that are darke and subtil, or flying asses, as the imagination of man can. Finally, the imagination of man seemeth to enter into some maner of discourse with the vnderstanding. For hauing beheld a painted Lyon, it perceiue that it is not a thing to be feared, and at the same time, ioyning it selfe vnto reason, doth confirme and make bolde. Beholde now, how the imagination of man doth magnifie it selfe aboue that of beasts, and for what cause I haue set it in ranke a-

The difference  
betwixt the  
imagination  
of men, and  
that of beasts.  
The first.

The second.

The third.

The fourth.

The fifth.

The sixth.

The effects of  
imagination.

amongst the excellentest and noblest powers of the minde. The Arabians haue so highly commended it, that they haue verely beleueed, that the minde by vertue of the imagination could worke miracles, pearce the heauens, commaunde the elements, lay plaine the huge mountaines, and make mountaines of the plaine ground: and to be short, that vnto the iurisdiction thereof were subiect, all maner of materiall formes, and they called all the three powers of the minde, most excellent and renowned minds, and therefore that which is called imagination, is the first facultie or power of the minde.

Of the vnder-  
standing, the  
second power  
of the minde.

Of vnderstan-  
ding, called  
passible or suf-  
fering.

Of active vn-  
derstanding.

Reason.

How reason  
differeth from  
the senses.

The vnderstanding followeth next in order, and awaketh at the knocke of imagination, it maketh things sensible, vniuersall, discourseth, gathereth conclusions, reasoneth from the effects to the causes, and from the beginnings, euen to the middest, and so to the ends and issues of things. The Philosophers distinguish this vnderstanding power, into a suffering and doing power: the suffering, is that which receiueth the formes of things, pure and free from all matter, and is as it were the subiect of all maner of formes: the doing power is as it were a light, which maketh cleere and perfect the suffering: in such maner, as that the one doth as it were serue in stead of the matter, and the other of the forme, and both ioyned together, doe persfite and make vp reason the soueraigne and predominant power of the minde, proper vnto man, which can doe much without the bodie, and vnto which the bodie very oft is a let and hindrance, being that alone which is without matter, being also not subiect to passions, immortall, differing from the senses, and all other corporall actions, because the senses are lost by the violence of some great object, as the hearing, by a strong and forcible sound; the taste, by tasting some extreame fauour; the sight by an excessiue whitenes; witnes hereof is the Sicilian tyrant, who by cunning practise put out the eyes of all his prisoners: but the vnderstanding, the more excellent and surpassing that the object is, the more it sheweth forth his owne perfection and noblenes, the contemplation of high and diuine things doth rauish it, yea herein it findeth greatest contentation, herein it placeth his chiefeest felicitie. This is that onely power which groweth more and more, when the bodie declineth, which  
then.



then is in his chiefeſt ſtrength, when the bodie groweth faint and feeble: which becommeth ſtrong and luſtie, when all the ſences grow weake and feeble, which whirleth through the ayre, and walketh ouer the wide world, when the bodie is immoueable, which cauſeth vs when we are in ſleepe, oftentimes to ſee ſome glaunces of his diuine nature, in foretelling things to come, and, if it bee not ouerwhelmed with the Sea of vapours, riſing of exceſſiue cramming in of bellie cheere, it liſteth it ſelfe about the world, and euen aboute his owne nature, and beholdeth the glorie of the Angels and myſteries of heauen. Finally, reaſon hauing thus ſwiftlie conueyed her ſelfe to take the view of whatſoeuer is, and hauing diſcourſed and conceiued a million of goodly and pleaſant formes, being vnable any longer to retaine them, committeth them to the cuſtodie of memorie, which is her faithfull ſecretarie, and wherein, as in a place of greateſt truſtines to keepe the ſame, the moſt precious treaſures of the ſoule are placed. This is that rich treaſurie, which incloſeth within one only inner roome all the ſciences, and what elſe ſoeuer hath paſſed ſince the creation of the world, which lodgeth euery thing in his ſeueral place, not ſhuſſing them vp diſorderly together, which obſerueth time, circumſtances and order, and which is (as *Plato* tearmeth it) a ceſterne to containe the running ſtreames of the vnderſtanding: this facultie is called remembrance, and is proper vnto man alone: for beaſtes haue likewiſe a certaine kinde of memorie, but they cannot call to minde the time, order and circumſtances, this cannot be accompliſhed without a Syllogiſme. See here the mind of man attended by theſe three famous faculties, the imagination, reaſon, and memorie, all which three are lodged in one ſelfeſame palace, and within this round towre, which we call the head: but whether this ſhall out to be in all the braine equally, and alike, or that euery one of them ſhould haue his ſeueral chamber, it is not ſully reſolued vpon. I know very well that there is a great quarell betwixt the Greeke and Arabian Phiſitions, about the lodgings of theſe three princeſſes, & that no man hitherto hath bin able to reconcile them. The Greekes would lodge them in euerie part of the braine; the Arabians quarter out euery of them by it ſelfe. The Greekes maintaine that in all places where the reaſon is, that

Memorie.

The diuerſe opinions concerning the ſeates of theſe powers. The Grecians would haue them diſſeued through the ſubſtance of the whole braine.

The contrarie  
opinion of the  
Arabians.

The first rea-  
son.

The second.

there the imagination and memorie doe accompanie it, and that al the three are as much before as behind: finally, that they be al of them in all and euery part of the braine. They alleage for one principall reason on their side, that euery similar action is wholie and intirely in euery part of his subiect, as for example, nourishment is equallie and alike in all the bone, and whatsoeuer part of the bone it be, there is to be found continuallie these foure faculties, that is, the attractiue, retentiue, digestiue and expulsiue. On the contrary the Arabians will haue, that euery one of these faculties enioy his proper seate: and they haue very goodly reasons for that which they holde. First, it is very certaine, that there are diuerse pettie chambers in the braine, which the Anatomists call Ventricles, these chambers are not for nothing, yea and there is no man that can thinke, that they were made for any other vse, then to be lodgings for these three faculties: and that, as though the imagination should be iodged in the two first, Reason in the middlemost, and Memorie in the hindermost: and the appearance of the truth of this thing is very great: for the imagination receiueh all the obiects of the sences, and therefore ought to be placed very neere vnto the sences: but so the case standeth, as that all the sences are in the forepart of the head: the imagination presenteth all these obiects vnto the reason, which maketh them voide of matter and vniuersall, so that of necessitie it must follow as second. The reason hauing after some time serued and satisfied it selfe of these pleasant formes, committeth them to the custodie of memorie: whereupon it followeth of necessitie, that it should be placed behinde, and as it were in her inner chamber. Furthermore, imagination being effected by receiuing in of formes, must haue his seat in the softest part of the braine, because the prints of pictures are most easilie set in a soft bodie: Memorie which keepeth and re-tayneth the formes, craueth a more hard part, for else the picture would be defaced by and by after that it should be printed: Reason, as the greatest of renowne ought to be placed in such a part of the braine, as is most temperate. But there is no doubt, but the forepart of the braine is the softest, and the hinder part the hardest, and the middlemost the most temperate: so then we must belecue that imagination is before, and memorie behinde.

Philoso-

Philosophers that haue written of Phisiognomie, say that such as haue the hinder part of the head hanging out much, haue a good memorie; that such as haue large and high foreheads, and therewithall as it were bossed, are of pleasant imagination: and that such as in whom these two eminences are wanting, are blockish, without imagination, and without memorie. If we will (saith *Aristotle* in his Problemes) enter into any serious and deepe conceit, we knit the browes and draw them vp: if we would call to mind and remember anything, wee hang downe the head, and rub the hinder part, which sheweth very well that the imagination lieth before, and the memorie behinde. Men haue very often marked, that if the hinder part of the head be hurt, the memorie is lost at the very same time. I will adde further for the more strengthening of the side of the Arabians, that the fashion and widenes of the ventricles of the braine, doe serue to poynt out with the finger, the places of these three faculties. The fourth ventricle is somewhat sharpe poynted, to the end that formes may be the better vnited, and that the reflexe thereof may the more fully cast it selfe vpon the third, wherein reason lodgeth: the two first are the widest, for that they receiue the first objects which are not as yet refined: that in the middest was fittest for reason, because it might receiue the images or formes of the two first, and hauing forgotten them, might seeke them out, as it were in her most close and secret place of custodie, contriued for that end behinde. Finally, that which hath made the Arabians to stand so stiffelie in their opinion, and to maintaine that these three faculties, haue euery one their seuerall lodging, is because they haue oftentimes obserued, that one of these three may be hurt, and not the other; the imagination is very oft corrupted, the reason standing sound and intier: and contrariwise, how many franticke and melancholike men be there, which discourse very excellently, notwithstanding their foolish and vaine imaginations. *Galen* writeth two histories of two franticke men, the one of which had his imagination troubled, and his reason sound, the other his reason troubled, and his imagination sounde. Wee see an infinite number which haue vterly lost their memorie, and yet faile not to discourse very well. *Thucydides* mencioneth, that in that great plague which

The third.

The fourth.

The first.

The sixth.

The seventh.

dispeopled



The conclusiō. dispeopled almost al Greece, there were moe the a million, which forgot euery thing euen to their owne name, and yet notwithstanding did not thereupon become fooles. *Messala Corninus* in his recouerie of a certaine sicknes, did not remember his own name. *Trapezontius* was very wise whilest he was young, but drawing neere vnto old age he quite forgot all. Seeing therefore that one of these faculties may be hurt without the other, we must beleue that euery of them hath his particular place. If it were committed to me to giue iudgement in this controuersie, I should say that the Greekes had plaide the more subtile Philosophers, and that their opinion is the more true: but that that of the Arabians will euer be more followed of the common people, for that it hath in it a greater shew of euident cleerenes. I will not draw on this disputation to any greater length: it is enough for me to make it appeare that the minde hath three most excellent faculties, al which lodge within the braine, and cause man to appeare more admirable, then any other creature, which inable him also to gouerne all the world, and which giue him the title of a sociable and polike liuing creature.

## CHAP. II.

*That this liuing creature full of the image of God, is now and then so farre abased, and corrupted in his nature, with an infinit number of diseases, that he becommeth all like vnto a beast.*



Comming to extoll man vnto the highest degree and step of his glorie, beholde him I pray thee the best furnished and most perfect of all other liuing creatures, hauing (as I haue sayd) in his soule the image of God, and in his bodie the modell of the whole world. And now I intend to set him out vnto thee as the most caitife and miserable creature that is in the world, spoyled of all his graces, depriued of iudgement, reason and counsaile, enemie of men and of the Sun, straying and wandring in solitarie places: to bee briefe, so altered and chaunged, as that he is no more a man, as not retaining any thing

The miserie of mankinde.

thing more then the very name. This alteration is seene oftentimes in the soule alone, the bodie standing sound and without blemish: as when a man by his malicious will becomming an apostate and reuolt, defaceth the ingrauen forme of the Deitie, and commeth by the filth of sinne to defile the holy temple of God, when through an vnruely appetite, he suffereth himselfe to be carried in such headlong wise after his passions, either of choler, enuie or gluttonie, as that he becommeth more outragious then a lyon, more fierce then a tyger, and more filthie and contemptible then a swine. I goe not about to redresse this deformitie, I leaue the discourse for the learned Diuines. Yea and if a man doe but take some paines in morall Philosophie to reade it, he shall finde right holesome precepts, for the staying and brideling of these foolish passions.

The minde alone corrupted the body standing sound.

I come to the other deformitie, which is violently throwne vpon man, and may happen vnto the most religious, being, when the bodie, which is as it were the vessell of the soule, is so greatly altered and corrupted, as that all the noblest faculties of the same, are likewise corrupted, the senses seeme all of them to wander and goe astray, euery motion to be out of order, the imagination troubled, the reason foolish and rash, the memorie altogether giuen to let slip and flie away whatsoeuer it should retaine. The first deformitie deserueth correction, as comming of a malicious minde and voluntarie action: but as for this which is constrained and violently inflicted by diseases, it deserueth to bee weighed of euery one with a tender and charitable compassion. But the diseases which doe most sharply assaile our mindes, and captiuate and make them thrall vnto the two inferiour powers, are three; the frensie, madnes, and melancholie. Looke vpon the deedes of frenstike and mad men, thou shalt not find therein anything worthe of a man, he biteth, he shrieketh, he belloweth out a wilde and sauadge voyce, rowleth about his fierie eyes, setteth vp his haire, runneth himselfe headlong into euery thing indifferently, and verry oft murthereth himselfe. See how melancholike men do now and then so cast downe and abase themselues, as that they become companions to the brute beasts, and haue no pleasure to bee any where but in solitarie places. I am about to describe him out vn-

The minde corrupted through a corrupt bodie.

The diseases assailing our minde.

The lively description of a melancholike person.

to thee in most liuely manner, and then thou shalt iudge what a manner of man he is. The melancholike man properly so called, (I meane him which hath the disease in the braine) is ordinarilie out of heart, alwaies fearefull and trembling, in such sort as that he is afraid of euery thing, yea and maketh himselfe a terrour vnto himselfe, as the beast which looketh himselfe in a glasse; he would runne away and cannot goe, he goeth alwaies sighing, troubled with the hicket, and with an vnseparable sadnes, which oftentimes turneth into dispayre; he is alwaies disquieted both in bodie and spirit, he is subiect to watchfulnes, which doth consume him on the one side, and vnto sleepe, which tormenteth him on the other side: for if he think to make truce with his passions by taking some rest, behold so soone as hee would shut his eyelids, hee is assailed with a thousand vaine visions, and hideous buggards, with fantastical inuentions, and dreadfull dreames; if he would call any to helpe him, his speech is cut off before it be halfe ended, and what he speaketh cometh out in fassing and stammering sort, he can not liue with companie. To conclude, hee is become a sauadge creature, haunting the shadowed places, suspicious, solitarie, enemy to the Sunne, and one whom nothing can please, but onely discontentment, which forgeth vnto it selfe a thousand false and vaine imaginations.

Against Atheists which think the soule to be mortall.

Then iudge and weigh if the titles which I haue heretofore giuen to man, calling him a diuine and politique creature, can any way agree with the melancholike person. And yet I would not haue thee (O thou Atheist whosoeuer thou art) hereupon to conclude, that the soule of man suffereth any thing in his essence, and thereby to become subiect to corruption; it is neuer altered or changed, neither can it suffer any thing, it is his instrument that is euill affected. Thou maist vnderstand this matter if thou wilt, by a comparison drawne from the Sunne: for euen as the Sunne doth neuer feeble any diminishment of brightnes, althought it seeme oftentimes to be darke and eclipsed; for this happenerh either by the thicknes of the clowdes, or by reason of the Moone coming betwixt it and vs: and so our soule seemeth oftentimes to suffer, but indeede it is the bodie which is out of frame. There is an excellent sentence in *Hippocrates*, in the end of his first book

of



of diet, which deserueth to be written in letters of gold. Our soule (saith he) cannot be changed in his essence, neither by drinking nor eating, nor by any excesse, we must impute the cause of all his alterations, either to the spirits wherewith it chiefly hath to deale, or vnto the vessels, by which it diffuseth it selfe throughout the body. Now the instrument of these noble faculties is the braine, which is considered of by the Phisition, either as a similar part, whose health and welfare consisteth in a good temperature; or as an instrumentall part, and then the health and welfare thereof consisteth in a laudable shape both of the bodie, as also of the ventricles of the same. And both these two sorts are requisite for the well executing of these three faculties: It is most true that *Galen* attributeth more to a good temperature, then to a commendable shape, and in one whole booke maintaineth with strong and firme argument, that the maners of the soule doe follow the temperature of the bodie, as thou shalt see in the chapter following. And yet I for my part wil not yeeld so much either to temperature or shape, as that they can altogether commaund and ouer-rule the soule. For such qualities as are naturall, and as it were borne with vs, may bee amended by those qualities which the Philosophers call acquiste, or purchased and gotten by other meanes. The historie of *Socrates* maketh this plaine enough. *Zopyrus* a great Philosopher, taking vpon him to iudge and know at the first sight, the disposition of euery man, as vpon a day he had beheld *Socrates* reading, and being vrgently pressed of all them that sate by to speake his opinion of him: answered at last, that he well knew that hee was the most corrupt and vicious man in the world. The speech was hastily carried to *Socrates* by one of his disciples, who mocked *Zopyrus* for it. Then *Socrates* by the way of admiration cried aloud; Oh the profound Philosopher, he hath thoroughly looked into my humour and disposition; I was by nature inclined to all these vices, but morall Philosophie hath drawne me away from them. And in very deepe *Socrates* had a very long head and ill shaped, his countenance vgly, and his nose turning vp. These naturall inclinations then which proceede of the temperature and shape of the bodie (foreseene that these two vices bee not exceeding great, as in melancholike persons) may bee reclaimed and

A pregnant place prouing the immortallitie.

That a good temperature and laudable figure are requisite for the actions of the soule.

That naturall inclinations may be corrected by studied and laboured ones.

A most excellent historie of *Zopyrus* and *Socrates*.

amended, by the qualities which we get vnto our selues by morall Philosophie, by the reading of good bookes, and by frequenting the companies of honest and vertuous men.

## CHAP. III.

*Who they bee which are called melancholike persons, and how one should put difference betwixt melancholike men that are sicke, and those that are sound and whole.*



That there are  
four humours  
in our bodies.

ALL such as wee call melancholike men, are not infected with this miserable passion which wee call melancholie: there are melancholike constitutions, which keep within the bounds and limits of health, which if we credit ancient writers, are very large and wide. We must therefore for the orderly handling of this matter, set downe all the sorts and differences of melancholike persons, to the end that the likenes of names may not trouble vs in the sequel of this discourse. It is a thing most freely agreed vpon in Physicke, that there are foure humours in our bodies, Blood, Phlegme, Choler, and Melancholie; and that all these are to bee found at all times, in euery age, and at all seasons to be mixed and mingled together within the veines, though not alike much of euery one: for euen as it is not possible to finde the partie in whom the foure elements are equally mixed; and as there is not that temperament in the world, in which the foure contrary qualities are in the whole & euery part equally compounded, but that of necessitie there must be some one euermore which doth exceed the other: euen so it is not possible to see any perfect liuing creature, in which the foure humours are equally mixed, there is alwaies some one which doth ouer-rule the rest, and of it is the parties complexion named: if blood doe abound, we call such a complexion; sanguine; if phlegme, phlegmatike; if choler, cholerike; and if melancholie, melancholike. These foure humours, if they doe not too much abound, may very easily stand with the health of the partie: for they doe not sensibly hurt and hinder the actions of the bodie. It is most true that euery constitution bringeth forth

his

his different effects, which make the actions of the soule more quicke and liuely, or more dull and dead. Phlegmatike persons are for the most part blockish and lubberlike, having a slow iudgement, and all the noblest powers of the minde, as it were asleepe, because the substance of their braine is too thicke, and the spirits laboured therein too grosse: these are no fit men for the vndergoing of weightie affaires, neither apt to conceiue of profound mysteries; a bed and a pot full of pottage is fitted for them. The sanguine persons are borne for to be sociable and louers of company: they are as it were alwaies in loue, they loue to laugh and be pleasant: this is the best complexion for health and long life, because that it hath the two maine pillars of life, which are naturall heate and moysture in greatest measure, and yet such folke are not the fittest for great exploits, nor yet for high and hard attempts, because they bee impatient, and cannot be long in doing about one thing, being for the most part drawne away, either by their senses, or els by their delights, whereto they are naturally addicted. Cholerike persons being hote and drie, haue a quicke vnderstanding, abounding with many sleight inuentions: for they seldom sound any deepe and hidden secrets, it fitteth not their fist to grapple with such businesse as require continuance of time and paines of the bodie, they cannot be at leisure; their bodies and spirits doe let them: their spirits are soone spent by reason of their thinnesse, and their weake bodies cannot indure much watching. I will adde also that one thing which *Aristotle* mentioneth in his *Ethickes*, as that they loue change of things, and for this cause are not so fit for consultations of great importance. The melancholike are accounted as most fit to vndertake matters of weightie charge and high attempt. *Aristotle* in his *Problemes* sayth, that the melancholike are most wittie and ingenious: but we must looke that we vnderstand this place aright, for there are many sorts of melancholic: there is one that is altogether grosse and earthie, cold and drie; there is another that is hot and adust, men call it *atrabilis*: there is yet another which is mixed with some small quantitie of blood, and yet notwithstanding is more drie then moyst. The first sort which is grosse and earthie, maketh men altogether grosse and slacke in all their actions both of

The effects of  
phlegme.

Whereunto  
the sanguine  
complexion is  
inclined.

The properties  
of a cholerike  
person.

That melan-  
cholike per-  
sons are inge-  
nious and wit-  
tie.  
That there are  
three sorts of  
melancholic.



Why melan-  
cholicke men  
are wittie.

bodie and minde, fearefull, sluggish, and without vnderstanding: it is commonly called Asie-like melancholie: the second sort being hote and burnt, doth cause men to be outrageous and vnfit to be employed in any charge. There is none then but that which is mixed with a certaine quantitie of blood, that maketh men wittie, and causeth them to excell others. The reasons hereof are very plaine, the braine of such melancholike persons is neither too soft nor too hard, and yet it is true, that drynes doth beare the sway therein. But *Heracitus* oftentimes said, that a drie light did make the wisest minde: there are but small store of excrements in their braine, their spirits are most pure, and are not easilie wasted, they are hardly drawne from their purpose and meaning; their conceit is very deepe, their memorie very fast, their bodie strong to endure labour, and when this humour groweth hot, by the vapours of blood, it causeth as it were, a kinde of diuine raiuishment, commonly called *Enthousiasma*, which stirreth men vp to plaie the Philosophers, Poets, and also to prophesie: in such maner, as that it may seeme to containe in it some diuine parts. See here the effects of the soure complexions, and how they may all soure be within the bounds of health. It is not then of these sound melancholike persons that we speake in this treatise: We will intreate onely of the sicke, and such as are pained with the grieve which men call melancholie, which I am now about to describe.

### CHAP. IIIII.

*The definition of Melancholie, and all  
the differences of it.*

Whence melan-  
cholicke  
tooke his  
name.



Diseases commonly take their names, either from the place which they seaze vpon, or of some irksome accident accompanying them, or of the cause which causeth them. Melancholie marcheth in his hindermost ranke: for this name was giuen it, because it springeth of a melancholike humour. Wee will define (as other good authors doe) a kinde of dotage without any feuer, hauing  
for

for his ordinarie companions, feare and sadnes, without any apparant occasion. Dotage in this definition standeth for the *Genus*, the Greekes call it more properlie, *μανια*, the Latines *Delirium*. There are two sorts of dotage, the one without a feuer, the other with a feuer: that which is ioyned with a feuer, is either continuall, and haunteth the sicke continually, or else it taketh him at certaine times, distinguisht by distance: that which is continuall, is properly called frensie, and it commeth either through the inflammation of the braine and his membranes, or of the inflammation of the muscles, called *Diaphragma*: and this is the cause why the auncient Greeke writers do call the said muscle *φρίν*: that dotage which commeth by fits, happeneth commonly in burning agues, and in the state or full strength of feuers tertians, and it is called *μανια*. The other sort of dotage is without a feauer, and it is either accompanied with rage and furie, and then it is called *Mania*, or madnes: or else with feare and sadnes, and then it is called melancholie. Melancholie therefore is a dotage, not coupled with an ague, but with feare and sadnes. We call that dotage, when some one of the principall faculties of the minde, as imagination or reason is corrupted. All melancholike persons haue their imagination troubled; for that they deuise with themselves a thousand fantastickall inuentions and obiects, which in deede are not at all: they haue also verie oft their reason corrupted. Wherefore we cannot make any doubt, whether melancholie be a dotage or no, but it is ordinarylie without a feuer, because the humour is drie, and hath these two qualities, coldenes, and drynes, which are altogether contrarie vnto putrefaction, so that there cannot any putrified vapour breath out of them, (no more then there doth out of meere ashes) which might be conueyed to the heart, there to kindle the fire and procure a feauer. Feare and sadnes are vnseperable companions of this miserable grieve, for some reasons which I will let downe in the chapter following. Beholde here the description of melancholie, as it is a symptome or accident, which hath relation to some action, hurt and hindered, that is to say, to the imagination and reason depraued and corrupted. This accident is as it were an effect of some cause, and dependeth immediatlie vpon a disease; for as the shadow followeth

The diuerse  
sorts of do-  
tage.

What dotage  
is.

Why melan-  
cholie is not  
accompanied  
with a feuer.

eth

Melancholie  
is a similar  
disease.

How that in  
it the tempera-  
ture of the  
braine is hurt.

How it com-  
meth to passe  
that melan-  
cholicke men  
fall into the  
falling sicknes.

The differen-  
ces of melan-  
cholie.

eth the bodie, even so the symptome followeth and accompanieth the disease. All the Physicians both Greekes and Arabians, doe thinke that the cause of this accident is a similar disease, that is to say, a cold and drie distemperature of the braine. The braine then is the part grieved and hurt, but that not by reason of any misshapednes of the same, either by any tumour against nature, neither yet by any thing oppressing or obstructing his ventricles, as it happeneth in the Apoplexie and falling sicknes, but in his proper substance and temperature; the temperature is corrupted, it is become too drie and colde. *Hippocrates* hath obserued the same in his *Epidemikes* and *Aphorismes* very excellently. Such (saith he) as haue the falling sicknes, become melancholike, and such as are melancholicke fall into the falling sicknes, according as the melancholike humour doth possesse the ventricles or the substance of the braine, if this humour corrupt the temperature, which he calleth the minde (because that it seemeth that the most excellent powers of the minde doe execute their functions by the helpe of this temperature) without doubt it will cause melancholie: but if it shut vp it selfe in the ventricles and cauities of the braine, it will cause the falling sicknes, because the ventricles being stuffed, and the spirit not being able to passe freely to the sinewes, the braine draweth it selfe together thereby to enlarge his ventricles, and in this retraction, doth equallie, and as much draw and pull his great tayle from whence all the sinewes doe arise, as it selfe, and thus thereupon ariseth an vniuersall conuulsion. I take it that the definition of melancholie is made cleere and plaine enough, by this little discourse: Now let vs come to the differences and diuers sorts thereof. There are three kindes of melancholie: the one cometh of the onely and sole fault of the braine, the other sympatheticallie proceedeth from the whole bodie, when as the whole temperature and constitution of the bodie is melancholike; the third ariseth from amongst the bowels, but especially from the spleene, liuer and the membrane called mesenterium. The first is called simplicie and absolutelie by the name of melancholie, the latter is called the windie melancholie with an addition. The first is the most tedious of all the rest, it vexeth the patient continuallie, affording little or no breathing whiles vnto him: that which  
ariseth



riseth from amongst the bowels, doth handle the grieved nothing so roughlie, it hath his periods, oftentimes making truce with the diseased. The first hath many degrees of afflicting: if it haue nothing in it extraordinarie, it shall not alter his name, but and if it fall out to affect the partie altogether with sauage conditions, it shall be called Wolues melancholie; if with raging and violent passion of loue, Knights melancholie. The flatuous or windie melancholie hath also his degrees, for there is some sorts of it but easie and light, and there are other some that are very fierce and violent. And now intending to handle all these sorts in order, I will begin with that which hath his seate in the braine.

## CHAP. V.

*Of melancholie which hath his proper seate in the braine, of all accidents which doe accompanie the same: and the causes of feare, sadnes, watchings, fearefull dreames, and other Symptomes.*



That melancholie which commeth of the drie & cold distemperature of the braine, is ordinarilie accompanied with so manifold and tedious accidents, that it should stirre vp euery one to be moued with pitie and compassion; for the bodie is not onely cast into a traunce, but the minde is yet a great deale more violently set on the racke. For here beholde all the tyrannous executioners and tormentors of melancholie: feare keepeth companie with it day by day, and now and then assayleth the partie, with such an astonishment, as that he is made afraide, and becommeth a terror vnto himselfe; sadnes doth neuer forsake him, suspicion doth secretly gall him, sighings, watchings, fearefull dreames, silence, solitarynes, bashfulnes, and the abhorring of the Sun, are as it were vnseparable accidents of this miserable passion. Here we haue ample occasion administred to enter into some Philosophicall discourses: and for pleasure sake, I minde to recreate my selfe in searching out all the causes of these accidents, beginning with that of feare. The greatest Philosophers are at controuersie, from whence

The accidents happening to melancholike persons.

Why melan-  
cholicke men  
are alwaies  
afraide.  
Galen his rea-  
son.

Auerhoes  
mocketh Ga-  
len.

The colour of  
the humour is  
not the cause  
of feare.  
The first rea-  
son.

The second.

The third.

The fourth.

Auerhoes his  
opinion.

this feare in melancholike persons should come. *Galen* imputeth all vnto the colour which is blacke, and thinketh that the spirits being made wilde, and the substance of the braine, as it were clou- die and darke, all the objects thereof appeare terrible, and that the minde is in continuall darkenes. And euen as wee see the night doth bring with it some maner of feare, not onely to chil- dren, but sometimes also to the most confident: euen so melan- cholicke persons hauing in their braine a continuall night, are in vn- cessant feare. *Auerhoes* that had deeper insight in Philosophie, then fame for his skill in Phisicke, and being the sworne enemy of *Galen*, laugheth to scorne this reason. The colour (saith he) cannot be the cause of this feare, because colours can alter no- thing but the eyes, being onely the object of the sight, so that the minde can see nothing without the eyes. But there is neuer an eye in the braine; how then can it finde it selfe agriued at the blacknes of the melancholike humour, seeing that it cannot see it? I adde for the more confirmation of *Auerhoes* his argument, that the blacknes of the colour is so farre from being any cause of this feare in melancholike persons, as that it is rather that colour which they most loue, as being enemies to Sun and light, and fol- lowing darkenes altogether, seeking after shadowed places, wal- king often in the night, and that with greater boldnes then vpon the day. Furthermore, madnes is caused of an humour, as blacke as that which causeth melancholie, for the humour called blacke choler, is altogether blacke and glistning like pitch, and therefore can make blacke the spirits and braine, as well as the other. But we see it falleth out, that mad men are nothing fearefull, but ra- ther bolde and furious, not taking acknowledgement of any dan- ger, as appeareth in their headlong casting of themselues into the deuouring fire, and vpon the murtherous knife. Finally, if blacke- nes should be the cause of such feare, it should follow on the con- trarie, that whitenes should make them bolde; but how is it then, that such as abound with Phlegme are also commonly fearefull? the colour therefore cannot be the cause of this feare. But saith *Auerhoes*, it must needs be, that the cause hereof is the tempera- ture of the melancholike humour which is colde, and worketh ef- fects contrarie vnto those of heate. Heate maketh men bolde,  
quicke

quicke of motion, and headlong in all their actions: colde on the contrarie maketh them fearefull, leaden-heelde, and not resolving of any thing. All such as are of a colde temperament, become fearefull: olde folkes ordinarilie are fearefull, and so are gelded men also: women are alwaies more timorous then men, and to be brieve, the qualities of the minde doe follow the temperament of the bodie. Loe here the contrarie opinions of these two great and famous men: I thinke they may be reconciled, if wee would ioyne these two causes together, that is the temperature of the humour, as the chiefe and principall, and the blacke colour of the Spirits, as that which may much further and helpe forward the same. The melancholike humour being colde, doth not onely coole the braine, but also the heart, (being the seate of this courageous facultie of the Soule, which men call the instinct and pronenes of nature vnto anger) and rebateth the flames therein; hence creepeth out feare: the same humour being blacke, causeth the animal spirits, which ought to be pure, subtile, cleere and light-some, it maketh them I say grosse, darke, and as it were all to be smoked. But the spirits being the chiefe and principall instrument of the minde, if they be blacke and ouercooled also, doe trouble her most noble powers, and principally the imagination, presenting vnto it continually blacke formes and strange visions, which may be seene with the eye, notwithstanding that they be within. This is a deepe reach, which no man hitherto (it may be) hath attained, and it serueth infinitely for the defence of *Galen*: The eye doth not onely see that which is without, but it seeth also that which is within, howsoeuer it may iudge that same thing to be without. Those which haue some small beginnings of a Cataract, doe see many bodies flying, like to Ants, flies, and long haire, the same also doe such as are readie to vomite. *Hippocrates* and *Galen* place amongst the signes and tokens of a criticall fluxe of blood, these false apparitions, as when one seeth red bodies hanging in the ayre, which yet notwithstanding are not there, because that then euery one should see them: this is an inward vapour which offereth it selfe vnto the cristalline humour in his naturall colour, and so if it arise of blood, it appeareth red: if of choler, yellow: and wherefore then should not the vapours of the melancholike

The authors  
iudgement.

That with our  
owne eyes, we  
may see some-  
thing within  
the same.



That the melancholike humour is altogether contrary to our spirits.

cholicke humour, and of the spirits being blacke, ordinarilie present themselves, and appeare in their naturall colour vnto the eye, and so vnto the imagination? The melancholike partie may see that which is within his owne braine, but vnder another forme, because that the spirits and blacke vapours continually passe by the finewes, veines and arteries, from the braine vnto the eye, which causeth it to see many shadowes and vntue apparitions in the aire, whereupon from the eye the formes thereof are conueyed vnto the imagination, which being continuallie serued with the same dish, abideth continuallie in feare and terror. That which maketh me to ioyne the blacke colour with the temperature, is, because the braine is very oft of colde distemperature, and notwithstanding we finde not the partie troubled, either with such feare, nor yet such gastlie sights. Fleagme is yet more colde then melancholie, and notwithstanding it troubleth not the imagination, because his whitenes hath some resemblance of the substance of the braine, and with the colour and cleerenes of the spirits: but the melancholike humour is altogether opposite and enemie vnto the same. Our spirits account colde and darkenes to be their enemies, feeling the colde, they draw themselves in, and as darkenes presseth on more and more, so they flie backe into their fort and castle, forsake the vtter parts, and procure vs to sleepe: the melancholike humour hath both these properties, it is colde and darke, it ought not therefore to astonish vs, if that we see it to molest the most noble and principall powers of the minde: seeing it tainteth and brandeth with blackenes the principall instrument thereof, which is the spirit, which passing from the braine to the eye, and from the eye to the braine backe againe, is able to moue these blacke sights, and to set them vncessantly before the minde. Loe heere the first accident which haunteth melancholike persons: they are alwaies full of feare, for they feare euery thing, euen that which is furthest off from feare: they are hartlesse, they honour their enemies, and abuse their friends, they conceiue of death, as a terrible thing, and notwithstanding (which is strange) they oftentimes desire it, yea so eagerlie, as that they will not let to destroy themselves: but this falleth out then only when feare is turned into dispayre, it is true in deede, that this happeneth so oft vnto those whom

whom melancholie simply assaileth, as vnto those which are mad. Mad men doe Wee haue very few examples of meere melancholike persons more oft kill which haue slaine themselves, but of mad men very many are themselves, then melan- found, and those of great reputation. *Empedocles Agrigentinus* cholike per- became mad, and cast himselfe headlong into the burning flames sons. of the mountaine *Etna*. *Ajax* the sonne of *Telamon* was out of Examples. his wits, for that he was not thought worthie of *Achilles* armour; but that it was adiudged vnto *Ulysses*. Whereupon he passed ouer some part of his furie in killing all maner of cattell he met with- all, thinking he had slaine *Ulysses* and all his companions. *Cleomenes* being likewise out of his wits, slew himself with his own sword. *Orestes* hauing slaine his mother *Chytemnestra*, was so furiously outraged, that if his deare friend *Pylades* had not carefully watched ouer him, he had destroyed himselfe a hundred times. It falleth out therefore more oft vnto mad, then to melancholike men to kill themselves.

The second accident which almost neuer leaueth melancholike persons, is sadnes: they weepe and know not wherefore: I beleeue the distemperature of the humour is the cause thereof: for as ioy and cheerefulness proceede from heate and moysture well tempered, so heauines and sadnes come from the two contrarie qualities which are found in this humour. For the most part of men of sanguine complexion are cheerefull and merrie, because they consist of a mixture of moysture and heate: cholerike persons are wayward and vnpleasant, because their heate is drie, and hath as it were an edge set vpon it: melancholike persons are sad and peruerse, because they bee cold and drie. Euen so it befell the sillie *Bellerophon*, who (as he is very artificially set out in *Hommer*) went wandring through the desert places continually mourning and lamenting. And the Ephesian Philosopher named *Heracitus*, liued in continuall teares, because (sayth *Theophrastus*) that he was possessed of melancholie; and as his writings altogether confused; and darkned with obscuritie doe sufficiently witness the same.

The accident of suspicion followeth the two former hard and close at the heeles: the melancholike party is evermore suspicious, Why they be- if he see three or foure talking together, he thinketh that it is of him. suspicious.

him. The cause of such suspicion riseth of the former feare, and of a corrupt kinde of reasoning: for being alwaies in feare, he thinketh verely that one or other doth lie in wait for him, and that some doe purpose to slay him. Melancholike men (sayth *Aristotle*) doe deceiue themselves commonly in matters which depend vpon choice, for that they oftentimes forget the generall propositions wherein honestie consisteth, and chuse rather to follow the motions of their foolish imaginations.

The cause of  
their restlesnes.

They are neuer at rest either in their bodies or in their spirits, they can make no answer to such questions as are propounded them, they oftentimes change from one kinde to another. This disquieting and distracting of themselves, ariseth of the diuersitie of matters which they propound and set before themselves, for receiuing all maner of formes, and stamping them with the print of dislike; they are constrained oftentimes to change, and to find out new things, which being no more acceptable to them then the first, doe still continue them in these restles distractions.

The cause of  
their sighing.

Melancholike folke are commonly giuen to sigh, because the minde being possessed with great varietie and store of foolish apparitions, doth not remember or suffer the partie to bee at leisure to breathe according to the necessitie of nature, whereupon she is constrained at once to sup vp as much ayre, as otherwise would serue for two or three times: and this great draught of breath is called by the name of sighing, which is as it were a reduplicating of the ordinary manner of breathing. In this order it falleth out with louers, and all those which are very busily occupied in some deepe contemplation. Sillie fooles likewise which fall into a wonder at the sight of any beautifull and goodly picture, are constrained to giue a great sigh, their will (which is the efficient cause of breathing) being altogether distracted, and wholly possessed with the sight of the image.

Why they  
watch and can  
not sleepe.

The causes of  
sleepe.

There is yet another accident which is very tedious, and euen consumeth these poore melancholike men, euen continuall watchings. I haue seene some that haue abode three whole moneths without sleepe. Now the causes of such watchings are easie enough to vnderstand, if wee know what it is which causeth vs to sleepe. Men are giuen to obserue in sleepe the materiall, formall, finall



finall and instrumentall cause. The materiall is a pleasant vapour, which is cast vp from the first and second concoction, which whe it commeth to slacken and stop all the sinewes by his moysture, it causeth all sence and motion for to cease. The finall cause is the repayre of spirits, and the rest of all the animall powers which ha- uing been wearied by continuall labour, doe craue a little reliefe and recreation: this end cannot be obtained, if so bee the minde which setteth all the powers of the bodie on worke, be not vouch- safed some maner of peaceable rest: in this sort the sillie *Dido* all ouerwhelmed with musing penfuenes, could not espie the ap- proach of night to the shutting vp of her mournfull eyes, or easing of her oppressed heart. The formall cause of sleepe consisteth in the withdrawing of the spirits and naturall heate, from the out- ward parts, to the inward, and from all the circumference vnto the center. The instrumentall cause is the braine, which must be of good temperature: for if it be too hot, as in freneticke folkes; or drie, as in old folkes, the sleepe will neuer be with peace and quiet- nes.

In melancholike persons the materiall is wanting, the minde is not at rest, the braine is distempered, the matter is a melancholike humour, drie as ashes, from whence cannot arise any pleasant and delightfome vapour, the braine is distempered, and greatly over- dried, the minde is in continuall restlesnes: for the feare that is in them doth continually set before them tedious & grieuous things, which so gnaw and pinch them, as that they hinder them from sleeping. But if at one time or other it fall out, that they be over- taken with a little slumber, it is then but a troublesome sleepe, ac- companied with a thousand of false and fearefull apparitions, and dreames so dreadfull, as that it were better for them to be awake. The causes of all these dreames are to bee referred to the propertie of the humour: for as the phlegmatike partie dreameth common- ly of riuers of water, and the cholerike of flaming fire: so the me- lancholike person dreameth of nothing but dead men, graues, and all other such mournfull and vnpleasant things, because he exerci- seth his imaginations with formes altogether like vnto the humour which beareth sway in him: vpon which occasion the memorie beginneth to stire and rouse vp her selfe, or else because that the  
spirits

The causes of  
all that watch-  
fulnes which is  
in melanco-  
like persons.

The causes of  
all their feare-  
full dreames.

spirits being growne as it were wilde and altogether blacke, ranging the braine throughout, and bending themselves to the eye, doe set before the imagination all manner of darke and obscure things.

The cause why  
they loue  
darknes.

Melancholike men are also enemies to the Sunne, and shunne the light, because that their spirits and humours are altogether contrary to the light. The Sunne is bright and warme, the melancholike humour is blacke and colde. They desire solitarines, because they vsing to bee busie and earnestly following their imagination, doe feare to bee drawne away by others their presence, and therefore doe auoide it: but the cause of such their vncessant perseuerance in their imaginations, is because their spirits are grosse, and as it were immouable. They haue their eyes fixed, and as it were set fast, by reason of the cold and drines of the instrument; they haue a hissing in their eares, and oftentimes are troubled with swimmering or giddinesse: and as *Galen* obserueth, they loue silence out of measure, and oftentimes cannot speake, not for any defect of the tongue, but rather because of I cannot tell what manner of conceitednes: finally, they inuent continually some one or other strange imagination, and haue in a maner all of them one speciall object, from which they cannot be weined till time haue worne it out.

Why they loue  
to be silent.

#### CHAP. VI.

*Whence it commeth that melancholike persons haue all of them their particular and altogether diuers objects: whereupon they dote.*



He imagination of melancholike men bringeth forth such diueritie of effects, according to the difference of the matters whereabout it is occupied, as that a man shall scarce finde fve or sixe among ten thousand, which dote after one and the same maner. Whereupon ancient writers haue compared this humour to wine: for as wine (according to the temperature and disposition

tion of them that drinke it) causeth sundrie and diuerse effects, making some to laugh, and some to weepe; making some lumpysh and drowfie, and other some over watchfull and furious: euen so this humour affecteth the imagination after diuerse sorts and fashions. This difference ariseth either from the disposition of the bodie, or from the maner of liuing, or from such studies as the parties doe most applie themselves vnto, or from some other secret and hidden cause. The disposition of the bodie doth propound and set downe such objects as are all alike, or at the least of very neere resemblance, foreseene that the occasion (that is to say some outward cause) be ioyned therewithall.

A comparing  
of wine with  
the melanco-  
like humour.

Whence it  
commeth that  
melancholike  
men haue so  
fearefull ob-  
iects.

Such as are of an extreme drie temperature, and haue the braine also very drie; if they happen commonly to looke vpon some pitcher or glasse (which are things very vsuall and common) they will iudge themselves to be pitchers or glasses. Such as are troubled with wormes either in the stomacke or guts, will easily receiue, if they be melancholically disposed, that they haue some serpent, viper, or other liuing thing in their bellies. Such as are troubled with very much windines, will oftentimes imagine themselves flying in the ayre, and to become birds. They that abound in seede, will runne a madding after women, hauing the same for continual objects before their eyes. All these imaginations follow the disposition of the bodie: and as wee see that in sleeping it befalleth vs oftentimes to dreame of a thousand straunge things, which are sutable to the temperature of the bodie and naturall humour, which doth chiefly raigne (and this is the cause why such dreames are called naturall) euen so melancholike folke both waking and sleeping, may be haunted with a thousand vaine inuentions, such as are sutable to the disposition of the humour. Notwithstanding there is difference in the maner of their impressions, for such fearefull visions as in sleepe are seene of the healthfull, doe speedily passe away, not making any abode, because such parties are but slightly affected: but in melancholike persons, the braine may seeme to haue gotten a habit, and therewithall the humour which is drie and earthie, hauing set his stampe in a bodie that is hard, suffereth not it selfe easily to be blotted out.

The first cause.



The second  
cause of the di-  
uersitie of me-  
lancholike me  
their imagina-  
tions.

The third  
cause.

A comparison  
betwixt me-  
lancholike me,  
and a good  
huntsman.

There are other imaginations in melancholike folkes, that pro-  
ceede not of the disposition of the bodie, but of their maner of li-  
uing, and of such studies as they bee most addicted vnto. All  
the conditions of men and all their properties are not like. One  
man feedeth himselfe with couetousnes, and another with ambi-  
tion; this sillie man is led captiue of loue, and religious deuotion  
preuaileth with another. This humour then will imprint in me-  
lancholike men the obiects most answerable to their condition of  
life and ordinarie actions. If an ambitious man become melan-  
cholike, he straightway dreameth that he is a King, an Emperour,  
a Monarke. If he bee couetous, then all his foolish imaginations  
will runne vpon riches. If he be giuen to bee religious, he will doe  
nothing but mumble of his beades, and you shal neuer finde him  
out of the Church. If he bee addicted to *Venus* darlings, he will  
doe nothing but plot the purchase of his loue, and sometimes run  
after his owne shadow. As much may be sayd of them which loue  
to contend in law, or of them which in their health were deuout-  
ly addicted vnto some one particular thing. Finally, we obserue  
and finde such strange imaginations in some melancholike men,  
as cannot be referred either to the complexion of the bodie, or to  
their condition of life: the cause thereof remaineth vnknowne, it  
seemeth to be some secret mylerie. The old writers haue thought  
that there is some diuine thing in this humour. *Rhazis* and *Tral-  
lianus* write that they haue seene many melancholike persons,  
which haue oftentimes foretolde what afterward hath come to  
passe. There is an Arabian Phisition, which compareth melan-  
cholike men to good huntsmen. For euen (sayth hee) as a good  
huntsman before he strike or let goe the string of his bow, doth  
assure himselfe of the fall of the beast: euen so the melancholike  
person, by the forwardnes of his imagination, doth oftentimes see  
that which must come to passe, as though it were present be-  
fore him. We reade that one *Marcus*, and one other called *Me-  
lanthius* of Syracuse, became good Poets after their melancholy.  
*Anicen* noteth that melancholike persons sometimes doe such  
strange things, that the common people imagine them to bee  
possessed. How many famous men be therein this our age, which  
make

make scruple to condemne these olde witches, thinking it to bee nothing but a melancholike humour which corrupteth their imagination, and filleth them with all these vaine toyes. I will not cast my selfe any further into the depth of this question, the matter craueth a man of more leisure. Let vs conclude therefore, The conclusion. that the varietie of things which the melancholike man busieth himselfe withall, commeth either of the disposition of his bodie, or of his condition of life, or of some other cause which is aboue nature. They which cannot at the first time conceiue al these reasons, shall vnderstand them (in my iudgement) if they with patience will take the paines to reade this little treatise, which shall very greatly further the making plaine of this matter, and it shall not be from the purpose. It happeneth all alike to melancholike persons as to those which dreame, and as much doe wee obserue the causes of the one as of the other: for dreames haue recourse vnto the imagination as well as melancholie. But let vs make three sorts of dreames; the one sort is of nature; the other of Three sorts of dreames. Naturall dreames. the minde; and the third is aboue the other two. Those which are of nature, doe follow the nature of the humour which doth most rule: he that is cholerike, dreameth of nothing but fires, fightings and burnings: the phlegmatike thinketh himselfe alwaies to be in water. The knowledge of these dreames is necessarie for a good Phisition, thereby to know the complexion and constitution of his sicke patient. *Hippocrates* hath written a little treatise thereof: whereupon the famous man *Iulius Caesar Scaliger* hath commented. *Galen* also hath made another, wherein he teacheth that by these naturall dreames, one may foretell the issues of diseases. They (sayth he) which should sweate, dreame commonly that they are in a bath of warme water, or in some riuer. There was one that dreamed that his thigh was become a stone, and as he awoke, the same thigh fell into a palsiey.

The second sort of dreames is that which commeth of the minde, as caused by some maner of disturbance happening to the same. Some define this kinde of dreame to bee nothing else but that which hath passed the day before either through the senses, or through the vnderstanding. This kinde of dreame happeneth ofttest: for if wee haue seene, or thought vpon, or talked of any Dreames rising of the troubles of the minde. thing

thing very earnestly in the day, the night following the same thing will offer it selfe vnto vs. The fisherman (sayth *Theocritus*) dreameth commonly of fishes, riuers and nets: the souldier of alarums, taking of townes, and the sounding of trumpets: the amorous raue of nothing in the night, but of their loues object.

Supernaturall  
dreames.

The last kinde of dreames exceede the course of nature, the power of the senses, and the reach of mans vnderstanding: these dreames are either immediatly from God, or from the Diuell: those which come from God, doe oftentimes put vs in minde of that which must happen vnto vs, and maketh vs partakers of reuelations, containing in them great mysteries. Such haue been in the old Testament the dreames of *Abraham*, *Iacob*, *Ioseph*, *Salomon*, *Nabuchadnezzar*, *Pharaoh*, *Daniel*, *Mardoche*: and in the New Testament, of holy *Ioseph*, the three kings of the East, and Saint *Paul*.

Diuine  
dreames.

Dreames stirred  
vp by the  
diuell.

The dreames called *Diabolicall*, happen very oft of the subtiltie of Satan, who goeth walking round about vs euery day, and seeketh to intrap vs waking or sleeping. Wherefore he setteth before vs oftentimes strange things, and diuicouereth vnto vs hid and vnknowne secrecies in our sleepe, even such as nature her selfe may seeme to haue concealed, he troubleth our imaginations with an infinit number of vaine illusions. Loc, here bee all the causes of dreames.

The imagination  
of melancholike  
men is troubled  
three waies.

We may say as much of melancholike persons. Their imagination is troubled onely three waies: by nature, that is to say, by the constitution of the bodie: by the minde, that is to say, by some violent passion, whereunto they had giuen themselves: and by the intercourse or meddling of euill angels, which cause them oftentimes to foretell & forge very strange things in their imaginatiōs.

## CHAP. VII.

*Histories of certaine melancholike persons, which haue had  
strange imaginations.*

I Haue largely enough described all the accidents which haunt those which are properly to be tearmed melancholike persons, and



and haue searched out the causes of al these varieties: it behoueth me now in this chapter, (to the end I may somewhat delight the reader) to set down some exāples of such as haue had the most fantastickall and foolish imaginations of all others. I will pick some out of the Greeke, Arabian, and Latine writers, and I will adde some such as I haue seene with mine owne eyes. *Galen* in his third booke of diseased parts, maketh mention of three or foure, very well worth the marking. Strange histories.

There was a melancholike man which tooke himselfe to bee a pitcher, and prayed all that came to see him, not to come neere vnto him, least they should dash him in peeces. The first.

Another imagined himselfe to be a cocke, and did crow when he heard other cockes crow, and bet his armes, as the cockes doe clap their wings. The second.

Another melancholike man was greatly perplexed in himselfe, fearing that *Atlas* in the end would be wearie of bearing vp heauen, and so might let it fall downe vpon him. The third.

*Aetius* writeth of one, which thought himselfe to haue no head, and did speake it openly euery where, that there was one which had cut it off for his tyrannous dealings. This man was cured very cunningly, by the skil of a Phisition named *Philotimus*. For he caused a skull of yron waying very heauie to bee put vpon his head: and he thereupon crying that his head did grieue him, was by and by confirmed by all them that stood by, which also cried: then you haue a head; which hee acknowledged by this meanes, and so was freed from his false imagination. The fourth.

*Trallianus* writeth, that he saw a woman which thought that she had swallowed a Serpent, he healed her, causing her to vomit, and casting now and then a Serpent (which hee had and held all readie in his hand) into the basin. The fifth.

I haue read that a young scholler being in his studie, was taken with a strange imagination: for he imagined that his nose was so great and so long, as that he durst not stirre out of his place, least he should dash it against something: and the more he was dealt with and dissuaded, so much the more did he confirme himselfe in his opinion. In the end a Phisition having taken a great peece of flesh, and holding it in his hand secretly, assured him that hee The sixth.

would heale him by and by, and that he must needs take away this great nose: and so vpon the suddaine pinching his nose a little, and cutting the peece of flesh which he had, he made him belecue that his great nose was cut away.

The seventh.

*Arthemidorus* the Grammarian, hauing scene a Crocodile, was taken with such a feare, as that he forgot all that euer he had knowne, and setled this opinion so deeply in himselfe, namely, that he had lost an arme and a legge, as that he could neuer be perswaded the contrarie.

The eight.

There haue been scene very melancholike persons, which did thinke themselves dead, and would not eate any thing: the Phisitions haue vsed this sleight to make them eate. They caused some one or other seruant to lie neere vnto the sicke partie, and hauing taught him to counterfeite himselfe dead, yet not to forsake his meate, but to eate and swallow it, when it was put into his mouth: and thus by this craftie deuise, they perswaded the melancholike man, that the dead did eate as well as those which are aliue.

The ninth.

There hath been scene not long since, a melancholike man, which affirmed himselfe the most wretched and miserable in all the world, because he was nothing.

The tenth.

There was also of late a great Lord, which thought himselfe to be glasse, and had not his imagination troubled, otherwise then in this one onely thing, for he could speake meruailouslie well of any other thing: he vsed commonly to sit, and tooke great delight that his friends should come and see him, but so as that he would desire them, that they would not come neere vnto him.

The eleuenth.

There is yet an honest man, and one of the best French Poets that is in this Realme, which is fallen within these few yeares into a foolish conceite. Being coursed with a continuall feauer, which was accompanied with much watching, the Phisitions appoynted for him a stupefactiue oyntment, called *Populeon*, and therewith rubbed his nose, forehead, and temples, since which houre, he hath *Populeon* in such hatefull loathsomenes, as that euer since, he imagineth all them that come neere him, to smell thereof: no man may talke with him but a farre off; if a man touch his garments, he casteth them from him, and will weare them no more: in other

points

points hee is able to talke very sensible, and ceaseth not to goe forward in his Poetrie. It hath been attempted by all the skillfull meanes in the world, to take from him this foolish conceite, he hath been shewed the description of the oyntment, to put him out of doubt that there goeth no dangerous thing to the making of it, he knoweth it, and is of the same minde, but yet this conceite is so deeply printed in him, as that hitherto no man hath attained to know how to displace it.

*Arctur* in his first booke of long diseases, saith that he hath seene a melancholike man, who hath imagined himselfe to be of bricke, and would not drinke therefore, fearing least thereby he should have been dissolved. The twelfth.

Another imagined that his feete were made of glasse, and durst not walke least he should have broke them. The thirteenth.

A Baker had conceived that he was made of butter, and no man could make him come neere either the fire or his oven, he was so much a fraide of being melted. The fourteenth.

The pleasantest dorage that ever I read, was of one *Siemois* a Gentleman, who had resolved with himselfe not to pisse, but to dye rather, and that because he imagined, that when he first pissed, all his towne would be drowned. The Physicians shewing him, that all his bodie, and ten thousand moe such as his, were not able to containe so much as might drowne the least house in the towne, could not change his minde from this foolish imagination. In the end they seeing his obstinacie, and in what danger he put his life, found out a pleasant inuention. They caused the next house to be set on fire, & all the bells in the town to ring, they perswaded diuerse seruants to crie, to the fire, to the fire, & therewithall send of those of the best account in the town, to craue helpe, and shew the Gentleman that there is but one way to saue the towne, and that it was, that he should pisse quickelie and quench the fire. Then this sillie melancholike man which abstained from pissing for feare of loosing his towne, taking it for graunted, that it was now in great hazard, pissed and emptied his bladder of all that was in it, and was himselfe by that meanes preserved. As concerning those which thinke themselues Kings, Emperours, Popes, Cardinals, and such like, seeing that such foolish conceits are com-



mon enough. I haue purposed onely to name those which are most rare. And thus much for melaucholie, which hath his seate in the braine, which is caused of a colde and drie distemperature, either simple or mixt with matter. It followeth sometimes the hote sickeneses of the braine, as frensies and burning feauers, and then the face appeareth red. *Auicen* obserueth that stammerers, and such as haue rowling eyes, and such as are hairie and blacke, such also as haue great veines and thicke lippes, are most incident to this kinde of melancholie: sadnes, feare, deepe mufes, the vse of grosse and melancholike meates doe oftentimes cause this disease.

## CHAP. VIII.

*An order of diet for such as haue this melancholike disease in the braine.*

How greatly  
good order of  
dyet doth a-  
uaile and pro-  
fit in olde dis-  
eases.



It seemeth to me that I haue read some where in *Aretine*, that (in olde diseases, which haue gotten some certaine habit) the maner of liuing is to more purpose, then whatsoeuer can be drawne out of the most precious boxes of the Apothecarie. *Auicen* the chiefe prince of the Arabians, doth teach vs, that the maner of liuing being neglected, may corrupt the best state and constitution in the world, and contrarywise being carefully obserued, may amend the worst. And therefore I will begin the cure of these melancholike men, by setting downe the way to order and gouerne themselves.

The ayre.

They must make choyse of such an ayre, as is temperate in his actiue qualities, and which is moyst concerning the passiue. It may be made such by art, casting abroad in your chamber good flore of flowers, of Roses, Violets, and water Lyllys. Or else you may haue a great vessell full of warme water, which will keepe the ayre moyst continually. It will be needefull to perfume the chamber with Orange flowers, Citron pilles, and a little Storax: the chamber must be lightsome, and standing toward the East. A grosse, darke, gloomish, stinking ayre, is very contrarie, howso-  
euer

euersuch persons doe desire the same altogether. It is good to accustome them to beholde redde, yellow, greene and white colours.

As concerning their meats, all such as are grosse, slimie, windie, Meats. melancholike, and of hard digestion, doe hurt exceedingly.

They must haue their bread of good wheate, which is pure, and Bread. purged from bran, without fault, and which is (if possiblie it may be) knodden with raine or fountaine water.

Their flesh must be very young, for that is the best, as for exam- Flesh. ple among the rest that which is of a calfe, kid, mutton, pullet, partridge: and contrarilie, that which is olde, and maketh a grosse nourishment, as is beefe, porke, hare, water fowles, and all wilde beastes, as the wilde Bore & Harts, are very bad. *Galen* forbiddeth the flesh of hee-goates, Bulls, Asses, Dogs, Camels, and Foxes, but he might haue spared this his inhibition, for their daintines is not such, as that men should delight in, much lesse doate vpon them. The Arabians commend the braines of things to be good against melancholie, by I cannot tell what propertie: but in my iudgement, they be not very proper and fit, seeing they are enemies vnto the stomacke, and I take them to haue been too superstitious in a great number of things.

The fishes that liue in standing waters, as also those of the Sea, Fish. which haue a grosse and melancholike flesh, as the Tunnie, Dolphin, Whale, Seale, and all such as haue scales are euill, and not to be vsed in this disease: one may eate of the fishes which liue in cleere and bright waters, and running streames. Salted or powdered fish is starke naught. Egges that are new, soft and potched, and eaten with vineger, or veriuice, are very good.

The vse of pottage and brothes is very good and necessarie, be- Pottage. cause this humour being drie, must be moystned. The hearbes ordinarilie to be vsed in them, are Borage, Buglosse, Burnet, Endiue, Succorie, Hoppes, and a little Balme; there must great heede be taken, that there come not any Cole, Blites, Rocket, Cressies, Turneps, Leekes, or very bitter and biting hearbes in them: husked Barlie, blanched Almonds, and grueil, doe serue very excellentlie well, to send vp pleasant vapours vnto the braine.

Pulse.

There must care be had to abstaine from all maner of pulse, as peason, beanes, and fetches.

Fruites.

As concerning fruites, wee will allow, Plumbes, Peares, sweete Pomegranats, Almonds, Raifins, Pine apples, Citrons, Melons, and especially those apples which haue a merueilous propertie in curing melancholie: we forbid drie Figs, Medlers, Ceruises, Chestnuts, Nuts, Artichoakes, Thistles, and old cheefe.

Drinke.

As concerning drinke, there is some disagreement amongst Physitions, for some doe allow, and others forbid wine. I am of minde, that as concerning mad men, and them which haue much heate about the inward parts or bowels, and in the braine, wine is very contrarie: but in melancholike persons that are colde and drie, as those of whome wee intreate in this place, a little white or claret wine, which is neither sweete nor thicke, but indifferently delaied, is very good. *Zeno* said oftentimes, that wine doth mitigate the sharpenes of mens manners, as water taketh away the bitternes of Lupines. And *Auerrhoes* writeth, that wine reioyceth the minde and spirits. One may make in the vintage time, an artificiall wine with Borage and Buglosse, (which is most singular in all melancholike diseases) and drinke his first draught thereof, either at dinner or at supper. If a man doubt the sweete sent, hee may cast a bunch of the flowres of Borage onely, or of the hearbe it selfe also, into the wine which he ordinarily drinketh.

Artificial wine.

Watching is altogether enemy to those that are troubled with this disease, for we must with all the skill and cunning we can, procure sleepe, the meanes to doe it, follow in the next chapter. Moderate exercise may serue to very good purpose, but it must be done in pleasant and delightful places, as gardens, meadows, greene-plots, in places where there are many water springs, or some riuers: a man must not tyre himselfe in these exercises, he must rest himselfe oft.

Melancholike persons should neuer be alone, they should alway haue some such companie left with them, as might best like and please them, sometimes they must bee flattered, and yeilded vnto in some part of that which they desire, for feare least this humour which is rebellious by nature, and giuen to selfe wilfulness, should



should grow raging and furious: some whiles they must be chid for their foolish imaginations, as also reproched and made ashamed of their cow-hardinesse, they must be imboldned to the uttermost that we can, and praised in their actions: and if they haue in some cases done something worthie of praise, wee must put them oft in minde thereof, vphold them with merrie tales: wee may not call to their minde any thing that might cause them to feare, nor yet bring them any vnpleasant tidings. To be short, wee must turne backe and driue away as much as wee can from their vnderstanding, al maner of passions ouerthrowing the mind, especially choler, feare and sadnes: for as *Plato* saith in his Dialogue called *Charmides*, the greatest part of the mischiefes that fall vpon the bodie, doe come from the minde. The old writers doe commend Musicke in all melancholike diseases, whether they bee hot or cold. The Arcadians did reclaime the maners of such as were sauadge and vnnurtured, by Musicke. *Empedocles Agrigentinus*, did mitigate and appease the furiousnes of a certaine young man, with the melodioulnes of his song. *Clinius* the Munition as soone as he perceiued his melancholike fit to come vpon him, would betake him to his harpe, and keepe backe by this meanes the motions of the humour. *Dauid* also when the euill spirit came vpon *Saul*, made him merrie with his harpe, and he found ease thereby.

Musicke very meete for melancholike persons.

The belly must bee kept alwaies soluble in all melancholike diseases, and therefore if it neede wee must stirre it vp by all the meanes we can.

The belly must be kept soluble

## CHAP. IX.

*How we must cure such melancholike persons, as haue the disease growing in the braine.*



Daily experience plainly teacheth vs, that all melancholike diseases, are rebellious, long and very hard to cure, and the reason thereof is as cleere: for the melancholike humour is earthie and grosse, enemie to the light, contrarie to the two principles of our life, heate and moysture, resisting

All melancholike diseases are rebellious and very hard to be cured.

sisting the meanes and remedies, neither giuing eare to good aduise, nor yet obeying the holesome precepts of Phisicke. And to be short, it is the very scourge and torment of Phisitions. *Aristotle* in his seuenth booke of *Ethikes* sayth, that melancholike folk haue alwaies something which doth gnaw and feede vpon them: and this is the cause why they are alwaies running after the Phisition, and yet we ought not to leaue them helpelesse. I will set downe in this chapter the most speciall remedies that I haue been able to obserue, together with the order how such melancholike persons must be handled.

Three sorts of remedies requisite in melancholike diseases.

Blood-letting respecting the whole body.

Blood-letting respecting some particular parts.

Purging.

A Clister.

It seemeth vnto me that for the cure of melancholie, wee had neede of three kinde of remedies, that is to say, diminutiues, alteratiues, and comfortatiues. The diminutiues are either letting of blood, or purgation. As concerning the letting of blood which is vniuersall, *Galen* appointeth it to be ministred, in that melancholy which is within the veines, and throughout the whole habite of the bodie, and willet that if the blood issuing shew fayre and thinne, that it bee stayed by and by: but in that melancholie which hath his seate in the braine, and which commeth of a colde and drie distemperature, he hath forbidden it most expressely. The Arabians commend in the cure of this kinde of melancholie, the letting of blood called particular, to the taking away of the conioyned cause: they open the veines of the forehead, of the nose, and of the eares; they set cupping-glasses vpon the shoulders, hauing first scarified the place; they apply horseleaches vpon the head, and in all melancholike diseases, whether essentiall or accidental; they cause the hemorrhoides to be opened, hauing the eleuenth Aphorisme of the sixt booke for their ground and warrant, which saith, that in melancholike and mad men the varicous tumour or hemorrhoides appearing, doe heale the same: but all these particular openings of a veine haue no place in the beginning of this disease. Wee must begin with that other kinde of euacuation, which is purgation. It may bee performed by the often vsing of Clisters, Decoctions, Syrupes, and Opiates: the forme of an ordinary Clister for melancholike persons, shall be such as followeth. Take of the rootes of *Holihocke* one ounce, of the leaues of *Malloes*, *Mercurie*, *Violets*, and *Hops*, of each a great handfull; of  
Anise

Anise and Linseede, of each two drammes, of Damaske prunes one dozen, of the flowers of Borage and Violets, and of Barlie a handfull: boyle all together in cleere water, and straine them; adde thereto afterward of Cassia an ounce, of Catholicon halfe an ounce, of oyle of Violets two ounces, and as much of honie of Roses: make thereof an ordinary Clifter. The Arabians vse in the disease of melancholie, pilles of Aloes of Hiera, and of *Lapis lazulus*: but I doe not so well like of this forme as of the liquide: it were better therefore to vse decoctions. This potion may serue in the beginning for a minoratiue. Take of Licorice halfe an ounce, of Polypodie of the oke three drammes, of Borage, Buglosse, Balme, and Hoppes, of each halfe a handfull, of Anise and Citron seede, of each a dramme, of orientall Sene three drammes, of the three cordiall flowers a pugill, boyle them all: take of this decoction foure ounces, and infuse therein of Rubarbe a dram and a halfe: after the straining of it, dissolue therein of the syrupe of Roses an ounce, and of the syrupe of Apples as much: make thereof a decoction, which you must take in the morning, and keepe your chamber. There are some which take in the broth of a chicken halfe an ounce of Sene: others an ounce of Cassia, or else the infusion and expresseion of ten drams of Catholicum.

A potion minoratiue.

This sleight purgatiue hauing gone before, the rest of the humour must bee prepared: for, to thinke of the rooting out of the whole at the first blow forcibly, (as the Emperickes doe) were to ouerthrow the sicke partie. Wee must attenuate, soften, and dissolue the same, and follow the precept of famous *Hippocrates*, which sayth in his Aphorismes, that when we will purge any bodie, we must first prepare it and make it fit to flow: for such preparation there is good vse to be made of Iulebes and Apozemes.

The maner of preparing of the melancholike humour.

Take of the rootes of Buglosse and Elecampane, of the rindes of the rootes of Capers and Tamariske, of euery one an ounce, of the leaues of Borage, Hops, Succorie, Fumitorie, *Capillus Veneris*, crops of Time and Balme, of each a handfull; of Anise, Fennell, and Citron seede, of each two drammes; of the three cordiall flowers, of the flowers of Oranger and of Epithymum, of each a pugill: boyle them all in fountaine water, and after you haue strained out a pound and a halfe, put thereto of the syrupe of Hops two ounces,

An Apozeme.



ounces, and as much of the syrupe of Fumitorie, and make thereof an Apozeme, clarifie it and aromatise it with a dram of the powder of Cinamome, or of *Electuarium de gemmis*: it must be taken foure mornings together.

Stronger  
meanes for the  
purging of this  
humour.

The humour being thus prepared, the bodie may be purged againe with the decoction before appointed, whereto you shall put of *Catholicum*, or else of *Confectio Hamech*, which purgeth melancholie very well: or if you please, you may prepare an Apozeme, which will purge euery second time it is taken: the same which is already set downe will serue, if you boyle some orientall Sene and Polypodie in it. If this humour bee too rebellious, and that you cannot purge and auoide it by these benedicts and gentle remedies, you must bee forced to come to such as are stronger. *Ptolomeu* the king vsed in rebellious melancholie *Electuarium Hieralogadium*: but the *Hieras* doe drie ouer much. The Arabians commend the pilles of *Lapis lazulus*, *Pillula Inda*, pilles of Fumitorie, and those of *Lapis armenus*. There are some which make a powder for melancholike persons, and it is an excellent one. Take of *Lapis lazulus*, well washed in Violet water, an ounce, of orientall Sene two ounces, of good Polypodie an ounce and a halfe, of Anise and Citron seede, halfe a dramme; of Sugar candie three ounces, of the foure cold seedes, two drammes; of the flowers of Elder-tree three drammes: make thereof a powder; take thereof the waight of two French crownes. All, both Greeke and Arabian Physicians, doe appoint in such diseases of melancholie, as are old and hardly remoued, *Hellebor* should bee giuen. It is true indeede that wee must in this case vse discretion, and not to giue it in substance: for the decoction or infusion thereof must be taken, and choise made of that which is blacke and good: for the Apothecaries doe oftentimes sell for blacke *Hellebor* a kinde of *Aconitum*, which is very hurtfull and pernicious, the white is not to be vsed at all in these cases: there must also diligent care be had not to mixe any thing with the *Hellebor* wee vse, which hath any astringent or binding facultie, such as are *Mirabolanes*, least thereby it might bee staied too long in the stomacke. The Poets that hane written long agoe, haue acknowledged this propertie of *Hellebor* that it hath against melancholike

A purgatiue  
powder.

The vse of Hel-  
lebor.

Melancholike diseases, when as they send melancholike persons vnto  
*Anticyra* where the best *Hellebor* groweth: and in *Homer* in his  
 second *Odyssea*, *Melampus* a great Phisition is brought in hea-  
 ling the foure daughters of king *Pretus* with *Hellebor*, who  
 because they would bee equall in beautie to *Iuno*, were for a iust  
 punishment of their arrogancie and pride, made fooles. Some  
 there bee which vse Antimomie prepared: but all such forcible Antimonie,  
 meanes must be prescribed aduisedly and with discretion. I could  
 like it better to vse milder things, and to reiterate them the oftner,  
 as a good magistrall syrupe, or else some Opiate. The syrupe A magistrall  
 may be made of the iuyces of Borage, Buglosse, and Apples, with syrupe.  
 some Sene: or else you may vse the syrupe of the Apples of *Sabor*  
 the king. There may an Opiate be made after this fashion. Take  
 of good Cassia drawne in the vapour of the decoction of Mal-  
 lowes, an ounce and a halfe: or (if you will haue it somewhat  
 stronger) in the vapour of the decoction of black *Hellebor*, for so  
 it will retaine some little part of the force & vertue thereof: after-  
 ward take of Tamarisk an ounce, of *Catholicum* sixe drams, of Se-  
 ne halfe an ounce, & as much of Epichymū, 3. drams of good Ru-  
 barbe besprinkled with the water of Endiue, vntill it become soft  
 and relenting: incorporate all together, and mingle them with  
 the syrupe of Violets or Apples, and make thereof an Opiate:  
 whereof you shall take euery fiue daies in forme of a bole, the  
 quantitie of an ounce more or lesse, according to the effect and  
 working thereof. And thus much of purgatiues.

The second kinde of remedies is such as doth alter the melan- Alteratiue me-  
 cholike humor, that is to say, which doth take away the distempe- dicines.  
 rature therof. This humour offendeth in coldnes and drines, but  
 more in drienes, & this is that very qualitie which maketh it so re-  
 bellious, & hardly to be remoued: the alteration of it the doth  
 consist in the moistning of the same. *Galen* in his third booke of  
 diseased parts, as also *Trallianus* do make more account of these  
 alteratiues, then they do of the diminutiues, & do confidently pro-  
 fesse to haue cured moe melancholike persons by moistning the  
 humours then by purging of it. This moistning is accomplished  
 by inward and outward meanes: the inward are brothes, apo-  
 zemes, syrups. I haue sometime caused a melancholike man to

That there is  
 more good  
 done by moy-  
 stening then  
 by purging of  
 the melanco-  
 like humours.

vse

Brothes.

Sympes.

Outward remedies.

Bathes.

Ointments for the whole bodie.

Applying of remedies vnto the head.

Comforting medicines.

vse for a long time together the broth of a chicken, with Borage, Buglosse, Succorie, Burnet, and a little Saunders, and Sassefras, which I caused to be added thereto: whereupon hee found himselfe exceedingly well amended. The synpe of Apples, Buglosse, Hops, and Violets doe macerate this humor in very good sorte: You may prepare an apozeme with the same hearbes which I haue mentioned here aboue. The vse also of Whay, and Goats or Asses milke will serue well to water and moisten this humour withall.

The outward remedies are either vniuersall or particular; the vniuersall are bathes. *Galen* boasteth himselfe to haue cured many melancholike persons with the onely vse of baths of warme water, or else you may if the whole body bee very drie, and the skinne very rugged, make an artificiall one with the rootes of Holihocks, leaues of Mallowes, Violets, Lettuses & Succorie, with the seedes of Melons and Gourds, Barley, and the flowers of Violets: you must bathe oft, and stay long in at a time, but not so long as to cause any sweate. At the time of being in the bath you may haue two bags filled with sweete and bitter Almonds, and the seede of Melons, grossly powned, and therewith rubbe all the skinne ouer. If you wil make your bath well, you must put warme water in your bathing tub ouer night, and there let it stand and breath till morning, at which time you shall go into it. There be many practicioners in Phisicke which make such baths of milke only, as also it is oftentimes done in the case of consumption. In coming forth of the bath, there are some which inioine the body to be annointed al ouer with the oile of sweete Almonds, Violets, or new & fresh butter. There are which applie remedies vnto the head as being the part most affected, and they vse such as doe moisten, whether they be lotions or embrocations, and these made of warme water, and of the same decoctions, or else of the oyles of the seede of Gourdes, sweete Almonds, and Violets, or else of milke.

The third kinde of remedies good in melancholike cases, is of such as doe strengthen and cheere vp the spirits, which are (as *Auicenn* saith) become wilde and duskish. It behooueth therefore to strengthen the braine, and to cheere vp the heart: the which intentions



tentions are effected by inward and outward meanes: the inward are Syrupes, Opiates, Lozenges and pouders: the outward are Epithemes, bags and ointments. I will giue you an example of each of them: The fittest syrupe that I haue found both for the cheering and moistening of melancholike persons, is this, which I am about to set downe, being first inuented by *Monsieur Castellan* mine vncle, and one of the greatest and happiest Physicians of his time, and ordinarily imployed in his calling by Kings and Queenes. Take of the iuice of Borage and Buglosse a pound and a halfe, of the iuice of apples that are very sweete a pound, of the iuice of Balme halfe an ounce, of Diers graines infused in the former iuices a long time, and after strained out, three drammes; of Saffron halfe a dramme, of fine Sugar two pounds: make these in a syrupe boyled to his height, and aromatize it with a dramme and a halfe of the powder of the *Diamargaritum* that is cold, and foure scruples of the powder of Diamber, there must be taken of it euening and morning two or three spoonefull.

Inward remedies.

An excellent Syrope.

There are many sorts of Opiates, but I will content my selfe to set down this one. Take of the Conferue of the rootes of Buglosse, and of the flowers of Borage, of each one ounce, of preserued Mirabolanes, and of the rindes of Citrons condited, of each halfe an ounce, of the confection of Alkermes three drammes, of the powders of Diamargariton and of the Electuarie of precious stones, of each one dramme: make thereof an Opiate with the syrupe of Apples, whereof you must take a little in the morning, drinking after it some Claret wine delayed with the water of Buglosse. I will set downe some receipts of lozenges and powders in the chapter intreating of that melancholie which is begot amongst the bowels and called the flatuouse or windie melancholie.

Opiates.

Outward remedies for the cheering vp of the spirits.

The outward remedies are applied vnto the braine and heart. Vnto the braine there are applied powders, and caps. But in as much as the greatest part of these aromaticall things are hote and drie, we must vse them but sparinglie. Vnto the heart wee may more boldly applie Epithemes, Bags, and ointments. Take of the waters of Borage and Buglosse, of each halfe a pound, of the waters of Balme and Scabiouse of each foure ounces, of good white wine two ounces, of the powder of colde *Diamargaritum* one

An Epitheme for the heart.

R dramme

dramme, of the confection of Alkermes three drammes, of the seede of Balme, and Diers graines, of each one dramme; mixe al together, and make Epithemes thereof, and applie them to the region of the heart with a piece of scarlet. If liquid Epithemes dislike you, then you may vse a solide one, with the cordiall conserues, or else you may weare bags vpon the region of your hart; the descriptions whereof I leaue vntill I come to the chapter of windie melancholie, where they shall come in more fitly for the purpose, in as much as those which are troubled with the windie melancholie, haue almost continually the panting and beating of the heart. And thus much for the three kinds of remedies, which are (in my mind) needful for the curing of that melancholy which is settled in the braine, being purgatiues, alteratiues, and comfortatiues.

The means to  
remedie too  
much watch-  
fulness.

Inward means  
to procure  
sleepe.

A mundified  
barley.

A Conдите.

An Opiate.

There remaineth as yet vnremoued a tedious and troublesome accident which is continuall watching, which now and then whippeth melancholike men so cruelly, as that therby many haue bene plunged into the pit of despaire. Wherefore I will addresse my selfe with all the best wits I haue or deuises I can inuent to set downe the meanes of their comfort. Sleepe is procured by inward and outward meanes. We will haue diuers sortes of the inward, because melancholike persons doe loue varietie. We shall make for them inundified barlie, a Conдите, an Opiate, a Tart, a Restauratione, a Potion, a bole, and masse of pills: all giuen to procure sleepe. The mundified barley is made with the flowre of barley prepared as is meet, with Almonds which haue been infused in Rose water, with the foure cold seeds, the seeds of Poppie, & rosed Surgar. The forme of the condite shalbe such. Take of the conserues of the flowers of Borage and Buglosse, of each three drammes, of the pulpe of Gourds confection, and of the rindes of Citrons, of each two drammes, of white Poppie and Mellon seedes, of each a dramme, of rosed Sugar so much as is needfull: make thereof a condite, whereof you shall take at night two or three, spoonefulls. The Opiate shall be thus made. Take of the conserues of the pulpe of Gourds, and of the rootes of Lettuse, of each an ounce; of the conserue of Roses and Water-lillie, of each halfe an ounce; of the powder of the colde *Diamargaritum* a dram,

dram, of Poppie seede two scruples: make thereof an Opiate with the syrupe of Violets. Of this you must take at night the quantitie of a chestnut. For varietie sake you may make a Marchpane. Take of sweete Almonds blanched and washed in hot water, and afterward infused in Rosewater, a pound and a halfe; of white Poppie seede very new and well mundified, three ounces; of fine Sugar two pound: worke them into a paste, and with the water of Roses make a Marchpane: of this you shall take when you go to sleepe. There are in like maner resumptiues, or restauratiues of a liquide forme. Take the white of a good Capon, of water of Roses and Water-lillies, of each a quart; of Buglosse, Purcelane, and Sorrell waters, of each foure ounces; of the powder of colde *Diamargaritum*, two drammes: distill all these together in *Maries* bath. The potion may be prescribed after this maner. Take of the syrupe of Violets, Apples and Poppie, of each halfe an ounce, of the powder of *Diamargaritum*, a scruple: make hereof a potion with the decoction of Lettuses and Endiue. And for such as may delight in a bole, this which followeth may serue. Take of the conserue of Roses three drams, of *Requies Nicolai*, one dram: and with a little Sugar make a bole. Or else: Take of the conserue of the flowers of red Poppie two drammes, of new Treacle one dram, and with a little Sugar make a bole. If pilles be in request, then let there be made as followeth. Take of the pilles of Houndstongue, or of Styrax, one scruple, let them bee moystned with the syrupe of Apples. The Chymists make a *Laudanum*. But in the vse of all these stupefactiue medicines taken inwardly, wee must take heed to deale with very good aduise, for feare that in stead of desiring to procure rest vnto the fillie melancholike wretch, wee cast him into an endlesse sleepe.

The outward remedies are not altogether so dangerous, and wee may frame tenne or twelue sorts of them: as head powders, frontlets, bags, emplasters, oyntments, epithemes, nosegaies, pomanders, and lotions for the legs. Take of the flowers of red Poppie and red Roses, of each three drams; of Lettuse, Purcelane and white Poppie seede, of each two drams; of red Saunders and the seede of Coriander prepared, of each a dramme and a halfe: make them all into powder, and cast it vpon the head, the haire being

A Marchpane.

Restauratiues.

A Potion.

A Bole.

Pilles.

Outwarde  
meanes to pro-  
cure sleepe.

A powder.



- A Frontlet.** shaued. Of the same powder may a Frontlet bee made, putting thereto of the flowers of Water-lillies and a little Margerome.
- Bags.** You may make great bagges after the fashion of pillowes, which shall be filled with the flowers of Roses, and the leaues and seedes of white Henbane. You may applie this Epitheme vnto the head.
- An Epitheme.** Take of the distilled waters of Lettuse, Sorrell and Roses, of each three ounces; of the powder of cold *Diamargaritum* one dram; of red Roses and red Saunders two scruples: make thereof an Epitheme. Let the oyntment bee like vnto this. Take of *Populeon* halfe an ounce, and as much of *Galens* cooling oyntment; of oyle of Roses an ounce, mixe all together with a little vineger, and therewith annoynt the head, browes and nostrils. You may also make this plaister. Take of *Castoreum* a dram and a halfe, of Opium half a scruple: mixe both together with a little water of life, and make two small plaisters thereof, and applie them to the temples. You may make Nosegaies of flowers of Violets, Roses, of Willowe and a little Margerome, they must be dipped in rosed vineger, and in the iuyce of Lettuse and Poppie, wherein a little Opium and Camphire hath been dissolued. Or else: Take two heads of Poppie beat together, tye them vp in three nodules or knots: then hauing in readines of Stryax three drams, of Rosewater fixe ounces, and a little Opium: dip these nodules in the licour, and smell vnto them oftentimes. There may also an Apple be made to smell vnto. Take of the seede of Henbane, of the rinde of the rootes of Mandrags, of the seede of Hemlocke, of each one dram, of Opium a scruple, of the oyle of Mandrags a little: mixe all these with the iuyce of Fumitorie and Houselecke, and make an apple thereof: which if you smell vnto, it will cause you now and then to sleepe: put vnto these to correct them a little Amber and Muske. There are some which with good successe doe applie Horseleaches behinde the eares, and hauing taken away the Horseleaches, they put by little and little a graine of Opium vpon the hole.
- Nodules.**
- A pomander.**
- Blood suckers or horseleaches.**
- Lotions for the legs.**
- Lotions for the legges doe much auaille to cause one to sleepe. Take of the leaues of the Orange tree, and of Margerome, of each a good handfull; two heads of white Poppie, of Roses, and Waterlillie flowers, and Camomill, of each a pugill, boyle them all together in two parts of water, and one of white wine: and here-

with

with you must wash the thighes and legges of the sicke partie at night, letting it be good and hot. I thinke that by this meanes you may procure sleepe vnto the most melancholike man in the world. It is true, that, to preuent that these cooling things may not altogethier quench that small store of naturall heate that is in them, you must cause them to take now and then some cordiall Syrupes, or comfortable Opiates. And thus much for the cure of that melancholie which chiefly affecteth the braine. That melancholie which commeth of a drie distemperature of the whole bodie, is cured almost by the same helpes. I come therefore vnto the windie melancholie: but because there is one kinde of this essentiall melancholy, which happeneth through raging and fond loue, and that it requireth a speciall maner of curing, I will first speake of the same.

## CHAP. XI.

Of another kinde of melancholie, which commeth by  
the extremity of loue.



Here is another kinde of melancholie verie ordinarie and common, which the Greeke Philisitions call *Erotike*, because it commeth of a furie and raging loue; the Arabians call it *Ilsius*, and the common sort, the diuine Passion; imputing the cause thereof to the pettie god, which the Poets haue made so great reports of: *Cadmus Milesius* (if we may credit *Snydas*) hath written fouretee great volumes of this subiect, which are not at this day to be found: I will onely make two chapters of it, the one describing the maladie, the other the remedies. I will not here curiously search out the etimologie of loue, and why this name *Eros* was giuen vnto it; neither will I vndertake to define it, seeing very famous and worthie men haue taken the worke vpon them, but haue not brought it to any good end: neither will I examine the differences or royal descent of the same, let them that list reade what *Plato*, *Plotinus*, *Iohannes Picus comes Mirandole*, *Marius*

The names of  
amorous melancholic.

*Equicola*, and *Leon Hebraus* haue written thereof: I will satisfie my selfe with the reuailing of one of those thousand effects which it bringeth forth. I intend to manifest vnto euery man by the description of this melancholie, how greatly a violent and extreame loue may tyrannize in commanding both minde and bodie.

How loue is  
begotten.

Loue therefore hauing abused the eyes, as the proper spyes and porters of the mind, maketh a way for it selfe smoothly to glaunce along through the conducting guides, and passing without any perseuerance in this sort through the veines vnto the liuer, doth suddenly imprint a burning desire to obtaine the thing, which is or seemeth worthie to bee beloued, setteth concupiscence on fire, and beginneth by this desire all the strife and contention: but fearing her selfe too weake to incounter with reason, the principal part of the minde, she posseth in haste to the heart, to surprise and winne the same: whereof when she is once sure, as of the strongest holde, she afterward assaileth and setteth vpon reason, and all the other principall powers of the minde so fiercely, as that she subdueth them, and maketh them her vassals and slaues. Then is all spoyled, the man is quite vndone and cast away, the senses are wandring to and fro, vp and downe, reason is confounded, the imagination corrupted, he talketh fond and sencelesse; the fillie louing worme cannot any more look vpo any thing but his idol: all the functions of the bodie are likewise peruerred, he becommeth pale, leane, founing, without any stomacke to his meate, hollow and funke eyed, and cannot (as the Poet sayth) see the night either with his eyes or breast. You shall finde him weeping, sobbing, sighing, and redoubling his sighes, and in continuall restlessness, auoyding cōpany, louing solitarines, the better to feed & follow his foolish imaginations; feare buffeteth him on the one side, & oftentimes dispayre on the other; he is (as *Plautus* sayth) there where indeede he is not; sometime he is as hot as fire, and vpon the sudden he findeth himselfe as colde as ice: his heart doth alwaies quake, and his pulse keepeth no true course, it is little, vnequall, and bearing thicke, changing it selfe vpon the sudden, not onely at the sight, but euen at the very name of the object which he affecteth. By all these tokens the great Phisition *Erasistratus* perceiued the disease of *Antiochus* the sonne of *Selencus* the king, who

The effects of  
violent loue.

Signes and tokens of amorous melancholic.

The historie of  
*Erasistratus*.



who was readie to dye for the loue of *Sratonica* his mother in law. For seeing him to blush, to waxe pale, to double his sighes, and change his pulse so oft at the very sight of *Sratonica*, he deemed him to bee troubled with this eroticke passion, and so aduertised his father. *Galen* by the very same wile did finde out *Iulita* the wife of *Boetius* Consull of Rome her sicknes and disease, as that it was her burning loue she bare to *Pylades*. Loc here the effects of this affection, and all such accidents as accompanie this amorous melancholie. Let no man therefore hereafter call it a diuine and sacred passion, if it bee not onely to signifie the greatnes thereof: for the Poets would call the greatest fishes, sacred, and the Philisitions haue giuen the same name vnto that bone, which is the greatest of all the vertebres. Neither let any man call it the sweete passion or affection, seeing of all other miseries, this is the greatest miserie, yea so great as that all the tortures which haue bin so exquisitely deuised by the wit of tyrants, wil neuer be able to exceed & crueltie therof. The Philosopher *Thianens* knew well what to say to the K. of Babylon, which praied him to inuent some cruel torment for the punishing of a gentleman who he had found in bed with his paramour: for (sayth he) let him liue, and in time his loue will punish him sufficiently. The Poets haue very well layd open vnto vs the crueltie of this passion, in that their fained fable of *Titius*: who for his exceeding loue vnto the Goddesse *Latona*, is fained to haue his liuer ordinarily fed vpon by two gryphens, and the fibres thereof euery day to grow againe. But how should we not call this a miserable passion, seeing it hath brought many to such extremitie and dispayre, as that they haue killed themselves. *Lucretius* the Poet who had written the cure of loue, became so mad of loue, as that for it he slew himselfe. *Iphis* in dispayre to winne the fauour of *Anaxaretes*, hanged her selfe. A noble young man of *Athens* fell so farre in loue with a marble picture that was very cunningly wrought, as that hauing requested of the Senate that hee might buy it at any price that they would aske, and being denied, as also forbidden to come neere vnto it, for that his foolish loue did offend all the people: overcome of dispayre he slew himselfe. See here how loue corrupteth the imaginatjon, and may bee the cause of melancholie or of

The crueltie of loue.

The fable of Titius.

Of such as haue killed themselves for loue.

madnes.

madnes. For in thus busying both the bodie and minde, it so drieth the humours, as that the whole frame of temperature, especially that of the braine, is ouerthrowne and marred.

A second kind  
of amorous  
melancholie.

The descrip-  
tion of perfect  
beautie.

There is another kind of amorous melancholy, which is a great deale more pleasant, as when the imagination is in such sort corrupted, as that the melancholike partie alwaies thinkes, that hee seeth that which he loueth, running after it continually, and kissing this his idoll in the ayre, daintily intertaining and welcomming it as though it were present: and, which is strange, howsoeuer the thing which he loueth bee ill fauoured, yet he thinketh it the most beautifull in the world: he is alwaies in hand with the deciphering of the rare beautie therein, he seemeth to himselfe to see long golden lockes, finely friseled and curled with a thousand roundes and winding twirles; a high brow, like vnto the bright heavens, white and smooth, like the polished Alabaster; two starres standing in the head very cleere, resembling the beautifull flowers and sufficiently defended, casting out in most sweete sort a thousand louely streames which are as pearcing arrowes; eyebrowses black as the Ebene wood, little and arched like a bow; a paire of cheekes of white and vermillion colour, like vnto the purple lillie and damaske rose, shewing in their sides a little double trench; a mouth of corall, hauing within it two sets of small orientall pearle, white and close ioyned, and comming out of it a breath more sweete then Amber and Muske, and more fragrant then all the odours of Mount Libanon; a chin, hauing a little round pit, of an vniforme dye, delicate and smooth as the which Satten; a necke of milke; a throte of snow; a bosome full of gelliflowers; two little apples like alabaster balles, white puffed vp are apt to quiver like a quaiomire, though afterward by little & little they falling downe all flat, doe resemble the flowing and the ebbing of the Sea; in the middest therof two knobs of greenish and carnation-like colour, and betwixt this little paire of mountaines a large valley; a skin ouer all the bodie like a Iasper or Porphyrite, in the viewing whereof doe appeare many pretie azurie veines. To bee short, this poore melancholike man goeth alwaies imagining and dreaming that the sixe and thirtie beauties requisite vnto perfection are therein, and that with such a grace and stately maiestie, as surpasseth all the rest;

rest; he doteth continually vpon this obiekt, runneth after his shadow, and is neuer at rest. There are now some certaine yeares past, since I saw a gentleman ouertaken with this kinde of melancholie, he talked being alone vnto his shadow, he called it, welcomed it, kissed it, ranne after it euery day, and would aske vs if euer wee saw so faire and beautifull a thing: and this his disease did thus hold him for three moneths, and after ward he was cured thereof. *Aristotle* maketh mention of a young man named *Antiphon*, which saw his owne picture continually before his eyes. Some there are which attribute this to the reflexion of the beams which went out of his eyes: but I thinke rather that it was the weakenes and error of his imagination.

CHAP. XI.

*The meanes to cure the loue-foolish and melancholike.*



Here are two waies to cure this amourous melancholie: the one is, the inioying of the thing beloued: the other resteth in the skill and paines of a good Phisition. As concerning the first, it is certaine that the principal cause of the disease which is this burning desire, being taken away, the diseased partie will finde himselfe marueilously relieued, though notwithstanding there may remaine behinde some certaine prints and skarres in the bodie. So *Erasistratus* hauing discovered vnto *Seleucus* the griefe of his sonne *Antiochus*, who was like to dye for the loue of his mother in law, saued the life of the young man: for the father hauing compassion vpon his sonne, and seeing him in extreme perill of his life, suffered him (as being a Pagan) to inioy the vse of his owne wife. *Diogenes* hauing a sonne forcible and ragingly distracted by vnbrideled lust, was constrained (after he had consulted with the oracles of *Apollo*) to suffer him to inioy his best beloued, and by this meanes to heale him. I haue in times past read a pleasant historie of a young man of Egypt, who suffered extreame pinching gripes, for the loue of a Curtisane called

Two waies to cure this disease.

Histories.  
The first.

The second.

The third, and that very pleasant.

S

*Theognis,*



*Theognis*, and yet was not regarded of her, as one that stood vpon an excessiue summe of siluer. It happened that this miserable loue-slave dreamed on a night, that hee held his mistresse in his armes, and that she was altogether at his commaund: whereupon when he awaked, he wel perceived that this inward fire which whilome fed greedily vpon him, and thereby about to consume him, was become cold & vtterly quenched, so that he sought not any more after the Curtisane: who when she was aduertised of the whole matter as it stood, caused the young man to bee called before the seate of Iustice, alleaging for such her fact, this only reason, namely, that she had healed him. *Bochor* the Iudge did by and by appoint that the yong man should bring a purse full of crownes, and powre them forth into a basen, that thereby the Curtisane might pay her selfe of the ringing sound and colour of the crownes, as he had satisfied himselfe of the sole imagination. The sentence was well liked of all, excepted onely the cape Curtisane *Lamia*, which shewed vnto her friend *Demetrius*, that the dreame had vtterly quenched and taken away all maner of lust from the young man, but that the sight of the gold had inflamed and increased a great deale more *Theognis* her desire, and that for this cause the matter was not equally proceeded in. My purpose in alleadging these three histories, is to shew that this rage and furie of erotike loue, may be staied by the inioying of the thing beloued. But this course of cure being such as neither ought nor can alwaies be put in practise, as being contrary vnto the lawes of God and men, we must haue recourse vnto the other which dependeth vpon the industrie of the good Phisition. If therefore it happen vnto any Phisition to meete with some of these melancholike patients, thus rauished of loue, hee must first of all assay to draw him with sayre words from these fond and foolish imaginations, shewing him the danger whereinto he doth cast himselfe headlong, and setting before him the examples of such as haue been ouerthrowne thereby, as not onely losing their liues, but their soules also. If all this doe no good, wee must by some other wile, and by the setting a worke of diuers men, stroue to make him hate that, which so tormenteth him, as in affirming the thing to bee euill, in calling his mistresse, light, inconstant, foolish, deuoted to varietie, mocking and laughing

The second  
way to cure  
the amorous  
melancholie.  
Faile words  
and cunning  
speeches.

ing to scorne this his grieve and corrasive, disdainfull as not acknowledging his defects, and one which loueth better a base companion to glut her brutish lust, then to intertaine an honest and chaste loue. And looke how deeply you dispraise his Ladie, so highly shall you praise himselfe, declaring the excellencie of his vnderstanding, his worthines and defects. If words be not sufficient and able to cure this inchauntment, as in very deede they can doe very little in place where melancholike conceitednes hath taken roote, wee must bethinke our selues of some other course. Remouing, that is to say, the chaunging of the ayre, is one of the rarest remedies, because that vnder colour of that wee may bestow him in some remote place, and send him quite out of the country: for the sight of his mistresse doth daily blow vp the coles of his desire, and the only reciting of her name, serueth as a baite for his ardent affections to bite vpon. It will bee good for him, to lodge in the fields, or in some pleasant house; to cause him to walke often; to keepe him occupied euery houre with one or other pleasant pastime; to bring into his minde a hundred and a hundred sundrie things, to the end he may haue no leasure to think of his loue; to carrie him out a hunting; to the fencel schoole; to holde him vp sometimes with fine and graue stories; sometime with pleasant tales; and therewith to haue merrie musicke: you must not feede him too full or daintily, least the blood beginning to waxe hot, should rouse vp the flesh and thereby renew the olde fire. Take away idlenesse, take away bellic cheere, and quaffing of strong drinckes, and without doubt lecherie will fall starke lame.

The Poets saigne that Ladie Lecherie could neuer insnare (notwithstanding all her wiles and subtile inchauntments) these three Goddesses, *Pallas*, *Diana*, and *Vesta*: *Pallas* painteth out vnto vs the state of warriours; *Diana* of hunters; and *Vesta* of such as are giuen to fasting and austerenes of life. If all these plots, and an infinite number moe, set downe by *Nigidius*, *Samocrates* and *Ouid* in their bookes of the remedies of loue, proue nothing worth, and that the bodie bee fallen into such extremitie, as that it compelleth the minde to follow the temperature thereof: then

The same  
course of Phi-  
sike is to be  
taken with  
these amo-  
rous ones,  
which is ap-  
pointed for the  
melancholike.

Diuellish and  
forbidden  
meanes.

The historie of  
Faustina very  
strange to con-  
sider.

must wee handle these amorous persons in such maner, and after the same order which I haue appoynted for the melancholike in the chapter going before, and almost with the very same remedies; wee must purge at sundrie times, and with gentle medicines the humour, which hath grauen such a drie distemperature in the braine; we must moyllen him by vniuersall bathes, and by particularly applying of remedies vnto particular places, by an order of diet that is very moyst; you shall feede him with broths, with Almond milke, with mundified barley made into a creamie, & with the broth and milke of a kid. If watching doe oppresse him, then you shall make your choise out of such medicines as I haue set downe against it. You must also sometimes cheere vp the heart and the spirits with some cordiall Opiate. There are certaine remedies which the old writers haue set downe for the curing of this raging loue, but they are diuellish, and Christians ought not to vse them. They cause the partie to drinke of the blood of him or her which is the object of the mischief, and doe warrant that the parties griefe shall incontinently dye and decay. I haue read in *Iulius Capitolinus*, that *Faustina* the wife of *Marcus Aurelius* confessing her griefe, caused to be assembled all the Chaldeans, Magicians, and Philosophers of the countrey, to haue a speedie and certaine remedie for this her maladie: they in the end gaue counsaile to cause the teacher of defence secretly to bee slaine, and to cause his wife to drinke of his blood, and the same night himselfe to lye with her. This thing was accordingly put in practise, and *Faustina* her fire was quenched: but so, as that of this fierie coniunction was ingedred *Antoninus Commodus*, which was one of the most bloodie and cruell Emperours of Rome, resembling rather the swashbuckler than his father, and which neuer stirred from amongst the companie of masters of defence. See here how Satan vseth euery day his malicious crafts, and as it were a sea of deceiuers and brazen faced fellowes, which goe about abusing the world.



## CHAP. XII.

Of the third kinde of melancholie, called the windie or flatuons melancholie, and of his differences.



Here is a third kinde of melancholie, which is the sleightest and least dangerous of all the rest, but the most difficult and hard to be thoroughly knowne: for the greatest Phisitions doe make doubt of his essence, causes, and particular seate of residence; it is commonly called *Hypochondriake* or flatuouse, because it hath his seate vniuersally in the region of the bodie, called *Hypochondria*: it is called the windie or flatuouse melancholie, because it is alwaies accompanied with windines, *Diocles* supposed it to be an inflammation of *Pylorus*, which is the nether mouth of the ventricle, because the partie affected doth feele himselfe greatly oppressed in that place, as also greatlie pained and swelled in the stomacke, enduring a vehement heate, and as it were a burning fire throughout his bellie, and much windines, which breaketh vppward, with a waterishnes, which ordinarilie runneth out of the mouth, as if it were some humour flowing from the braine. *Galen* in his third booke of diseased parts, seemeth to approue this opinion, neuerthelesse it hath been confuted and reprobued by all the later Phisitions: for that if it were an inflammation of the stomacke, it would be accompanied with a continuall feuer, and the disease would be sharpe, or of a short crisis: but wee see the contrarie; for the *Hypochondriake* melancholie, is a diuturne disease, not iudged but in long time, and seldome consoorted with an ague. *Theophilus* thinketh that it is an inflammation of the liuer, and of the entrals: if he meane that it is a drie inflammation, called *Phlegmon*, his opinion is the better to be liked of, but if he vnderstand by inflammation, the tumour called *Phlegmon*, which is a swelling (caused of blood) against nature, it may be condemned in him as well as in *Galen* for that euery *Phlegmon* of the liuer and guts, is counted in the number of sharpe diseases. The most learned Phisitions of our time, haue defined the *Hypochondriake* melancholike


Why it is called the *Hypochondriake* or windie melancholie. *Diocles*, his opinion.

*Galen* his opinion.

*Theophilus* his opinion.

The definition of the *Hypochondriake* disease.

The parts af-  
fected in this  
disease.  
The midriffe.

*Mesenterium.*  


The liuer.

That the  
Spleene is for  
the most part  
the seate of this  
disease.

The cause of  
the Hypo-  
chondriake  
disease.

lancholie, to be a drie and hote distemperature of *Mesenterium*, the liuer and spleene, caused by an obstruction, comming of grosse humours, which being heated, doe breath abroad many vapours, which cause al such accidents as we wil speake of in the next chapter. This definition contayneth all the essence of the *Hypochondriake* melancholie, in as much as it toucheth and teacheth the parts affected, and the causes of the disease. The partes where the *Hypochondriake* melancholie is begotten, are the *Mesenterium*, liuer and spleene: the *Mesenterium* hath a large compasse, for it contayneth a million of veines, an infinite number of glandules, and all that red substance which is called *Pancreas*. This *Mesenterium*, is as it were the mine of a million of diseases, and especial-  
lie of intermitting agues. There may rest and grow hote, the humour causing the *Hypochondriake* melancholie, and that not alone in the veines thereof, but oftentimes in the red substance, called *Pancreas*, which commeth very neere vnto the stomacke, and lieth vpon the gut *Duodenum* or *Pylorus*: and heereby may *Dioscles* and *Galen* be excused, which tooke the nether mouth of the stomacke for *Pancreas*, by reason that these two parts doe touch one another. The other part where the *Hypochondriake* breedeth, is the liuer, when it is much heated, and draweth from the ventricle the meates therein, halfe digested; or else burneth the humours very much, and keepeth them in his owne veines: but that part which procureth the *Hypochondriake* melancholie most of all, is the spleene in as much as nature hath made it for the purging of the blood of feculent and melancholike iuyce: in such sort as that, if it attract and draw not the same vnto it, or cleanse it not to nourish it selfe withall, or expell not that which is superfluous, as in dutie it ought: we neede not doubt, but that this grosse iuyce, casting it selfe into the next veines, doth there take an vnnaturall heate, and maketh a marueilous hurlie-burlie in the whole order of nature. Thus you may heere beholde and learne the parts affected in *Hypochondriake* melancholie, that is to say, the *Mesenterium*, the liuer and the spleene. The cause of their disease, is an obstruction, for the veines of these parts are stuffed and filled of some kinde of humour. This humour is sometime simple, as onely a naturall melancholike humour, or a humour adust and made of blacke choler, or else a flegmatike and raw humour: sometimes

It is mingled of two or three together, which falleth out a great deale more oft, but alwaies it is required, that this humour should growe into some exceſſiue heate, for to cauſe the *Hypochondriacke* diſeaſe to ariſe thereof. If the matter be cholericke or aduſt, it is quicklie and eaſilie ſet on a heate, if it be colde by nature, as is ſlegme and melancholie, the long continuance of it in that place, and the breathing of it out being hindred, may caſt it into a heate, or elſe there neede no other thing, but a little leauen (which will be ſupplied by a ſmall portion of choler aduſt) to leauen the whole lump, and ſet it in a heate: this heate hath been called of olde writers *Phlegmon*, in ſuch maner as that we may define the *Hypochondriacke* diſeaſe, to be a drie inflammation of the veines of *Meſenterium*, the liuer and ſpleene, riſing of the ſuppreſſing of ſome groſſe humours, from this definition we ſhall gather all the diſſe-  
The diuerſe ſorts of this diſeaſe.
rent ſorts of the *Hypochondriacke* diſeaſe: which are taken either from the part affected, or from the matter, or from the accidents thereof. If we looke vnto the parts affected, we ſhall finde three kindes of the *Hypochondriacke* diſeaſe: that is, *Hepaticke*, *Spleneticke*, and *Meſentericke*. The *Hepaticke* is cauſed through the fault of the liuer, which draweth by his exceſſiue heate, ouer-  
The Hepaticke.
great a quantitie of crudities from the ſtomacke, and alſo it ſelfe ingendreth through the ſame diſtemperature ouer hote humours, which it either retayneth in his owne veines, which are in ſo great number, as that no man can deſcribe them, or elſe diſtributeth them amongſt all the braunches of the veine called *Porta*. The *Spleneticke* commeth through defaulte in the Spleene,  
The Spleneticke.
when it cannot either attract, diſgeſt or expell the melancholike humour. Theſe defects happen when it is too great or too little; or when being puffed vp with winde, it cannot attract or retayne all the ſeculent and groſſe part of the blood, whereupon it muſt needes caſt much of it out againe, and all the bodie growe leane. This is it which *Hippocrates* hath obſerued very well in his *Epidemikes*, when hee ſaith, that they who haue a great Spleene, become leane of their bodie: and the Emperour *Traianus* was wont to compare the Spleene vnto the Exchequer: for looke how the enriching of the Exchequer is the impoveriſhing and ruine of the people: euen ſo the greatnes of the Spleene, doth make a thin and leane bodie: the ſmalneſſe alſo  
of



of it comming through default of the framing facultie, may be an occasion of this accident: for being disabled thereby to attract or retaine all that melancholike humour which it ought, it is constrained to cast it vp againe, and to disperse it throughout all *Mesenterium*. There is a house of great nobilitie, which is subiect vnto this *Hypochondriacke* disease, there haue been three or foure of them which haue died at the age of thirtie five, and no other cause found of such vntimelie death, but onely the littlenes of the spleene, for it was so little and strait, as that it could not doe his office.

The Mesentericke.

The last kinde of the *Hypochondriacke* disease, is that which is called the *Meseraicke*, which is begotten either in *Pancreas*, or in the veines and glandules of the *Meseraicke* membrane. *Hippocrates* and many other Physicians, do acknowledge an *Hypochondriacke* disease, caused of the wombe or matrix, after the suppression of the tearmes, or some other matter: it causeth the same accidents that the other, and is oftentimes most fierce and furious, because of mercurious sympathie which the matrix hath with all the rest of the parts of the bodie.

The second difference.

The second difference of the *Hypochondriacke* disease, is in respect of the matter: there is one kinde which is made of that melancholie, which is colde and naturall, which keeping it selfe within the veines, and being there pinched for lacke of roome, groweth hote: another is caused of an adust and burnt humour; and the third of fleagme, and other raw crudities mixed with some small quantitie of choler. The last difference is taken from the accidents: for there is some kinde of *Hypochondriacke* disease that is sleight and easie, and there is some other that is more churlish and violent. There is some but young and in the beginning, and there is other some which is come to his state and perfected.

The last difference.

### CHAP. XIII.

*The signes of Hypochondriacke melancholie, and the causes of all the accidents that accompanie it.*

The accidents of the Hypochondriacke

**T**He *Hypochondriacke* disease being thoroughly growne and perfected, is commonly coupled with an infinite number of grievous

grievous accidents, which by times holde the partie with such pangs, as that they thinke to dye every moment: for besides the feare and sadnes they suffer, as common accidents to all maner of melancholie, they feele a burning in the places called *Hypochondria*, they heare continually a noyle and rumbling sound throughout all their bellie, they are beaten with winde on both sides, they feele a heauines in their breast, which causeth them to fetch their breath double, and with a feeling of paine; oftentimes they spit a cleere and thinne water; they haue a swelling in their stomacke, as though it did swimme all in water; they feele an extraordinarie and violent kinde of mouing of the heart, called the beating of the heart, and on the side of the spleene, there is something which biteth and beateth continually; they haue some little cold sweats, accompanied sometimes with a little fowning; their face is oftentimes very red, and there appeareth to them in maner of a flying fire or flame which passeth away; their pulses doe change and become little and beating thicke; they feele a wearisomnes and feeblenes all ouer their bodie, and yet more specially in their legs; the bellie is neuer loose; in the end they grow leaner and leaner by little and little. All these accidents depend vpon the generall cause which I haue set downe, but wee must therewithall search and finde out the speciall. The heate and burning which they feele on the spleene side, on the liuer side and about *Mesenterium*, commeth of the burning of this grosse humour, whether it bee flegme or blacke choler, which in this his heate comming as it were to boyle, is puffed vp and sendeth his vapours into all the parts neere thereabout. The noyse which they heare in euery part of their bellie, commeth of the winde which doth runne to and fro in euery place, and doth so much accompanie this melancholike disease, as that for this cause old writers haue intituled it the windie melancholie: wee will obserue in the begetting of this windines the materiall and efficient cause. The materiall is a grosse, blacke, cholerike or flegmatike humour. These two humours are almost alwaies mixt in this disease, because that the liuer being overheated (as it is ordinarily in Hypochondriake persons) attracteth and snatcheth from the stomacke, which is his very neere neighbour, such meates as are no better then halfe concocted:

disease complete and come to his perfection.

The particular causes of all these accidents. The cause of heate.

The cause of windines.

The materiall cause.

cocted: so that there is heaped together a world of crudities within the veines by such attraction of the liuer: as also there is made a broode of hot and burnt humours by the distemperature of this noble part, in such manner as that thereby is caused to bee continually in the veines some humours that are raw and not sufficiently concocted, and other some that are ouer much concocted: the crude and scarce digested was attracted too speedily, the ouer much concocted and burnt was begotten in the member it selle. The weakenes of naturall heate is the efficient cause of windines, for in mouing and stirring of the matter, it is not able to overcome it thoroughly, and although the agent or naturall heat should be strong enough, yet not being like vnto the matter in proportion, it may be called weake.

The efficient  
cause.

The cause of  
heauines.

The cause of  
the water and  
swelling which  
they haue  
within them.

The cause of  
the beating of  
the heart.

The heauines which they feelee in their breast, commeth either of winde or grosse vapours, which beare downe the muscle called *Diaphragma*, the principal muscle of respiratio, or else they pitch themselves vpon the muscles running betwixt rib and rib; or lastly, within the coates of the ribs either inward or outward: and hence come those great tormenting paines which rise vp to the shoulders, and goe downe againe oftentimes vnto the armes, by the continued proceeding of the membranes, and sympathie of the muscles. The water which melancholike persons doe ordinarily auoide at their mouth, is one of the most infallible tokens of the *Hypochondriake* disease, if wee will beleue *Diocles*: the cause thereof must be imputed vnto the coldnes of the stomack, which filleth all full of crudities. This coldnes commeth of the excessiue heate of the liuer, which draweth the chylous matter out of the stomacke altogether vnprepared, wasteth and consumeth all the fat of the stomacke, and seedeth rauenously like a gulligut vpon the heate of all the parts neere about it. I adde further, that oftentimes while the humour is neere vnto boyling, the crudest parts thereof are cast backe againe into the stomacke, and cooleth it, in such sort as that wee may obserue therein the two kindes of cold, that is to say, the priuative and the positive, as the Philosophers are wont to speake. The inordinate motion of the heart and all the arteries is caused of the vapour of this matter so stirred, which setting vpon the heart with great force, and seeking the ouerthrow



uerthrow thereof, as commonly happeneth in euery conflict and fight, causeth it to bestirre it selfe with a double diligence, but so, as that therein it looseth oftentimes his iust and well proportioned stroke, and thereby the pulses also faile sometimes in that iust measure and time which they ought to keepe. The rednes which appeareth in the face, the vniuersall beatings ouer all the bodie, and the tickling stings which they feele in euery place, as it were little Pisse-mires, ariseth either of a sharpe and subtile winde, or else of vapours sent from the lower parts. Colde sweates happen when the vapours rising from the places, called *Hypochondria*, as from a founaine doe pitch themselues vpon the skin, which is a great deale more colde, and therefore doth congeale and turne them into a thicker substance. The lassitude or wearisome feebleness, which they feele in all their parts, commeth partlie of vapours, which running amongst the emptie spaces of the muscles, and mingling themselues with the substance of the sinewes, doe make them more loose and lanke, and make as it were a senselesnes: and partlie of crudities and waterish parts, which are in the blood. Leaneness happeneth because there is defect and want of sufficient store of good and laudable blood. The bellie is hard and giuen to costiuenes, by reason of the excessiue heate of the liuer, which wasteth all the moisture of the excrements.

The causes of the rednes and flushes appearing in their face.

The cause of their colde sweates.

The cause of their lassitude.

The cause of their leanness.

CHAP. XIII.

*Very worthe and notable histories of two persons griued with the Hypochondriacke disease.*



Here are found sometimes diseases so straunge in their kinde, as that euen the best able and most sufficient Phisitions know not what to iudge of them. I haue seen two *Hypochondriacke* persons so raging mad, as that the former ages neuer saw the like, and it may be the ages to come shall nor see such other two of a long time. There was at *Mompelier* an honest Citizen of a melancholike disposition, and by constitution most subiect to blacke choler, who hauing been griued by the space of two or three

The first historie.

yeares, with a milder and lighter kinde of windie melancholie, suffered the disease to growe so farre, as that at length he saw himselfe brought to this extremitie. He felt twise or thrise every day a light kinde of mouing all ouer his bellie, but chiefly on the side whereupon the spleene lieth: there was also so great a noyse made in his bellie, as that not onely the sicke partie, but also all those that stood by heard the same. This rumbling would last about halfe a quarter of an houre, and afterward vpon the suddaine, a vapour or winde seazing vpon the midriffe and the breast, did lye so wonderfullie heauie vpon him, and so accompanied with a drie cough, as that all men would haue thought him to haue bene short breathed. This accident being somewhat lesned, all the rest of the bodie was in such sorte shaken, that you would haue iudged it like vnto a ship tossed with a most raging storme: he heaued and set, and his two armes were seene to moue, as if they had indured some conuulsion. In the end, these windes hauing coursed through his whole body, & ransackt every part therof, brake forth with so great violence at the mouth, as that all those that stood by were afraide, and then the fit ceasing, the sicke partie felt himselfe relieued. And yet this is not all, for two or three moneths before he died, he had every day two or three little and light soundes, his heart fainted and fayled him by reason of an extreame great desire that he had to pisse, and when he had pissed, he came to himselfe againe: but the fiercenes of the sickenesse was so great, that the Soule in the ende was constrained to forgoe her lodging. I was called to the opening of the bodie, because that ordinarilie I had counselled him in his sickenes, together with one of my fellow Phisitions, *Mounser Hucher* Chancellour of our Vniuersitie, whom I am willing for honour sake to name; and as knowing him to be one of the most learned and best practised Phisitions of our times. I found his breast halfe full of blacke and stinking water, therewith the left ventricle of the heart was all filled, and in the trunk of the great arterie, a man might see the same colour. At which time I calling to minde a notable place in *Galen*, in his sixth booke of diseased parts, I shewed vnto the companie, that the cause of these faintings, and of his earnest desire to pisse, came of this cursed humour, which hauing pained the heart, passed from  
 thence.

thence by the arteries vnto the reynes, and from thence vnto the bladder. It was my intent to stand vpon this by the waie, that so I may take occasion to defend *Galen* against the false accusations of young Phisitians, which thinke that putrified and purulent matter gathered in the breasts of those which are troubled with the disease *Empyema* and *Pleurisies*, cannot purge and conuay it selfe away by the heart or arteries. I haue handled this matter more largelie in the third booke of my Anatomicall workes.

A worthie obseruation for the defence of *Galen*.

The other historie is also very strange, I obserued it this winter at *Towers*, and was called to counsaile about the same, with *Mounser Anselmeau*, *Valseau* and *Vertunian*, very learned Phisitians, and of great experience. A young Lord euer since he was eight or nine yeares olde, was troubled with this *Hypochondriacke* disease: he heard euery day about nine of the clocke in the morning, a little noyse on his spleene side: afterward he perceiued a vapour to rise which made all his breast and face red, and seized the top of his head, the veines of his temples did beate very forcible, the veines of his face were puffed vp, and at the corners of his browes where the veines doe end, he felt an extreame paine, which passed not the breadth of a shilling, the rednes ran all along his left arme, euen vnto the fingers ends, and was like a Saint *Antonies* fire or cholerike tumour, called *Erisipelas*, the right side went altogether scotfree. All the time of the fit, he was so cast downe, as that he was not able to speake a word, teares trickled downe his cheekes aboundantlie, and out of his mouth ran an incredible quantitie of water: without he burned, and within he was colde as yce: his left legge was all full of swolne veines; and that which I finde most strange; on the left side of the head, where the hard and rockie bone groweth, there was a peece of a bone carried and sunke somewhat inward, and that without any apparant cause, as blow, or fall going before, neither could he suffer one to touch him in that place: the disease hath hitherto been rebellious, as that all the remedies which the best learned Phisitians haue appointed for him, could neuer finde the way to assuage and cure it: It was agreed vpon by all our consents, that it should be impugned by extraordinarie remedies, and by inward cordials, whereof wee haue not as yet heard what is the successe. See

The second historie.

Of new remedies deuised of our owne braines.



how these grosse burnt, and melancholike humours, continuing in the veines of the liuer, spleene, and *Mesenterium* may cause an infinite number of strange accidents, and are the occasion of a very great iarre and strife, to the disturbing of all that good order and gouernement which should be in the whole bodie.

## CHAP. XV.

*The cure of the Hypochondriacke disease.*

Here are necessarie for the curing of the *Hypochondriacke* disease, two sorts of remedies. The one to be appoynted and vsed when the fit is not, and they are called preseruatiues: the other are to be vsed in the time of the fit, even then when the partie is haunted

To preserue a  
man from the  
Hypochondri-  
acke disease.  
Euacuating  
medecines.  
Blood-letting.

of all these accidents: but I will begin with the former. The preseruing of a man from this disease, is attempted by three kindes of remedies, namely, *Diminutives*, *Alteratiues*, and *Corroboratiues*. The *Diminutives* are letting of blood and purging: vniuersall Phlebotomie may serue to correct the hote distemperature of the liuer, and to emptie away some part of melancholike blood; it must be done vpon the Basilike veine, which the Arabians call the blacke veine. The opening of particular veines, as the *Hæmorrhoids* is counted amongst the number of the most famous and sure remedies for the cure of the *Hypochondriacke*, in as much as they eniptie the spleene, and all the *Meseraicke* membrane. There are some which praise the opening of that veine which goeth to the little finger of the left hand; which is called *Salutella*. The other diminutiue is performed by purgation, which must not be strong, least this humour should growe more fierce. You must purge therefore very gentlie, and at severall times. The purgations must be such as purge sleagme and melancholie, because these are the two humours which doe most offend: Sene and Agaricke haue the chiefe and principall place. I haue described in the chapter of the first melancholie, the receipts of many purgations which may serue heere in this place, but for as much as the humour causing the windie melancholie, is compound,

Purging.

pound, we must be forced to set downe some other sort. I like and approve of magistrell syrups and Opiates greatly, and they may be framed after this fashion. Take the rootes of Buglosse and Asperagus, the rindes of the rootes of Capers-tree and Tamariske, of each an ounce, the rootes and leaues, of Succorie, Borage, Buglosse, Hops, Fumitorie, Ceterach, Maidens haire, of each a handfull, of Sea wormewood and Balme a pugill, of Licorise and Corans washt in warme water, of each an ounce, of the seedes of Citrons, blessed Thistle and Endiue, of each two drammes, of the three cordiall flowres, of the flowers of Succorie, of the crops of Tyme and Epythymum, of each a pugill, boyle them all in a sufficient quantitie of cleere water, and hauing strained it well, take two pintes thereof, and adde thereto of the infusion of orientall Sene, made in the former decoction, with a dramme of Cloues, an ounce and a halfe of the infusion of Agaricke, made in the water of Minthes, with a scruple of Ginger, and with a sufficient quantitie of Sugar, boyle them all together, to the height of a syrupe, which you shall keepe for your ordinarie vse. Hereof you must take two ounces once euery moneth, or twise, with the broth of a Chicken, wherein are put Borage, Buglosse, Hops, and the Capillar hearbes: you may make a syrupe with the iuyces of the same hearbes, and put thereto the same laxatiues. The Opiate that I haue set downe, may serue here, but it may be made of a far other fashion, which purgeth most gentlie. Take of the iuyce of Mercurie well purified, as much as shall neede, infuse therein for the space of foure and twentie howres, two ounces of Orientall Sene, and causing them to boyle once, afterward straine them strongly, and after boyle the licour strained out, with Sugar, till it come to the forme of an Electuarie, whereunto you shall adde of Cassia new drawne out of the cane, two ounces, of Epythymum, halfe an ounce, of Cloues made in powder, two drammes, then mixing all well together, you shall make an Opiate whereof you may take halfe an ounce or more.

A magistrell  
Syrups.

An Opiate.

They which cannot vse decoctions nor Opiates, shall take pills, made of the extract of Sene, Agaricke and Rubarbe, for other pilles are not so fit in this disease. Take of good Polypodie foure ounces, the rootes and leaues of Succorie, Buglosse, Fumitorie, Hops,

The extraction  
of Sene to be  
made into  
pilles.

Hops, of each a handfull, of damaske Raifines a dozen, of the three cordiall flowers one handfull: make a decoction vnto a pint, and boyle therein two ounces and a halfe of Sene, of Epithymum fixe drammes, of good Agaricke halfe an ounce: all these hauing infused together one whole night, straine and presse them out verry strongly, putting thereto of good Rubarbe, which shall be infused in the foresayd decoction with a little Cinamome, halfe an ounce: afterward you shall put all this together vpon hote ashes, you shall thereupon drie them, til they come to a reasonable thick consistence, and then putting thereto of Epithymum three drams, you shall make all vp into a masse of pilles, which will purge very gently if you giue thereof at one time the quantitie of foure scruples. And let these serue for gentle and easie purgations; only you may adde hereunto the often vse of Clisters, which may serue for the windie melancholie. But for as much as this humour is grosse, and for the most part lurking in the most inward veines, it is not very easie to purge it well, if it bee not first prepared: wee must come therefore vnto the second kind of remedies, which we haue called Alteratiues.

Inward Alteratiues.

Apozemes.

The vse of the roote China. Broths.

Outward alteratiues.

The alteration to be made must consist in moistning and making thin of this humour: this may bee done by inward and outward remedies. The inward are Apozemes, which must be somewhat opening because of obstructions, and it must be looked vnto with great care, that they be not made with too hot a fire. It will bee very fit to make them of such hearbes as properly respect the liuer and the spleene, and amongst the rest wee must not forget Wormewood: for all good practitioners doe confidently affirme, that the onely decoction of Wormewood hath preserved an infinite number of persons from the windie melancholie. It will not bee amisse to lay in steepe these grosse humours, and for the opening of the vessels to commaund to bee vsed the decoction of the root China with a little Sassafras for the space of twelue or fifteene daies. Broths that doe alter and moisten the humour, the maner of liuing and vse of milke will serue marueilously well for the preparing and moistning of this drie humour.

As concerning outward remedies, bathes for the whole bodie deserue to be most chiefly accounted of: there may fomentations  
also



also bee applied to the spleene, and all ouer *Mesenterium*, as also oyntments and liniments. The fomentations must be mollifying, somewhat opening and making thinne or apt to attenuate, hauing mixt therewithall some carminatiues or things to breake winde: the manner of making them is common enough. The oyles of Capers, bitter Almonds, Broome, Elder, Lillies, Camomil, & Danewort berries, are most fit & proper. The last kind of remedies is of such as are corroboratiues, for there are in this disease of the windie melancholie many parts that are much weakened, hauing bin branded with this humor: as the hart, the stomack and the braine. The weakenes of the heart is caused through the beating and light faintings of the same; the weake stomacke fillethall full of cruditie; the weakened braine causeth that the imagination and reason are oftentimes troubled in this disease. Wee must therefore haue regard vnto these parts. The heart is strengthened by inward and outward meanes: the inward, are Opiates, Condites, and Lozenges. Take the conserue of the rootes of Buglosse, and of the flowers of Borage, of each an ounce; of the flesh of *Mirobalanes* and of the rindes of Citrons confected, of each halfe an ounce; of the confection of Alkermes two drammes; of Pearle and of the powder of Mirth, of each one dramme: make thereof an Opiate with the syrupe of Apples, whereof you must take twice or thrice euery weeke, with a litle of the water of Buglosse. Take of the powder of the electuarie of precious stones and of Mirth, of each a dram; of the confection of Alkermes halfe a dram; of Pearle & Emerald made in powder, of each one scruple; of Sugar dissolued in the water of Buglosse or Balme so much as needeth, make vp Lozenges of the waight of 3. drams: you must take hereof euening and morning twice or thrice euery weeke.

Of the berries.

Comfortable medicines.

Meanes to comfort the heart.

An Opiate.

Confectionis lactificantis.

Lozenges.

For such as are more delicate and daintie, there are some that make confections of Muske. Take the third part of a Nutmeg confected, of the rindes of Citrons three drammes, and as much of *Mirobalanes* confected, of Amber grise halfe a dramme, and as much of Muske, of Sugar the double quantitie of all the rest, and with the muscilage of Gumme Tragacanth drawne in the water of Buglosse make Muscardins. You must not often vse these hore

Musk-cordials.

medicines in the *Hypochondriacke* disease, for feare of mouing and enraging of the humour.

Outward re-  
medies.  
Liquide Epi-  
themes.

Solide Epi-  
themes.

Oyles.

An oymnt.

Bags.

Meanes for the  
strengthening  
of the stomack

The outward remedies to fortifie the heart withall, are liquide and solide Epithemes, oyles, oymntments and bags. Take the waters of Buglosse, Balme and Roses, of each foure ounces; of white wine an ounce and a halfe; of Dyers graines, of cordiall flowers, of each a dram; of the powder of *Diamargaritum* and Diamber, of each halfe a dram; of Saffron halfe a scruple: mixe all together and make thereof Epithemes, which you shall applie vnto the heart. Take of the conserue of the flowers of Borage, of Roses, and of Balme, of each two ounces, of the confection of Alkermes and of the Iacynth, of each two drammes, of the powder of precious stones and of Mirth, of each halfe a dramme: make thereof a solide Epitheme in forme of a cataplasme, with the water of Balme, or of the flowers of Oranges, and this you shall spread vpon a peece of scarlet, and apply it to the heart. Take the oyle of Iesamin and of Costus one ounce, of Amber grise three graines, chafe therewith the region of the heart, or else prouide you some naturall Balme. Take of the flowers of Camomile, Rosemarie and Orange tree, of each two drams, of Ziloaloe, of sweete Saunders, of each one dram, of the oyle of Iesamin and naturall Balme, of each one ounce; of Amber and Muske fixe or seuen graines: make hereof an oymntment with a little white waxe, and annoynt therewith the region of the heart. Take of the leaues of Balme, of the flowers of Borage and Buglosse of each halfe a handfull, of the rindes and seede of Citrons two drams, of the seede of Balme, Basil, and Cloues, of each a dram; of the powder of Pearle, Emerauld and Iacynth, of each halfe a dram; of the bone of a Harts heart one dram, of red and yellow Saunders one dram, of good Amber foure or fife graines: pound them all and make a stomacher of red taffata well quilted, and weare it ordinarily vpon the hart. Thus much concerning the proper remedies as well inward as outward for the strengthening of the heart, and taking away of such weaknes, as commonly happeneth to them that haue the windie melancholie.

The other part to bee strengthened is the stomacke, and to preuent that it may not beget such great store of crudities, you shall  
vse

use powders helping digestion, and certaine oyles properly vsed in such cases for the annoynting thereof: The digestiue powder must not be too hot. Take of Anise and Fennell confection of each three drams, of the rindes of Citrons confection one dram, of prepared Pearle and red Corall, of each one halfe a dram, of fine Cinamome two scruples, of rosed Sugar foure ounces: make them in powder, and take thereof a spoonefull alwaies after your meate. Outwardly you may strengthen the stomacke, by annoynting it with the oyle of Nutmeg, Spikenard, Wormewood, or with some bag made of Wormewood, Balme, Cloues, Macis, Cinamome, red Roses, and such like powders: it is meete that diligent care be had that they bee not applied vpon the place of the liuer, because the hote distemperature of this part is commonly the originall of all *Hypochondriacke* diseases. And for this cause you may annoint the liuer with the oyntment of Roses and Saunders well washed in Succorie water: or else you shall apply thereupon Epithemes of the waters of Succorie, Endiue, Sorrell, the seedes of Endiue, cordiall flowers and red Saunders. As concerning the braine which is weake, to the end it may not be subiect to so great quantitie of vapours, you may strengthen it with powders appropriate for the head, and sleight perfumes.

A digestiue powder.

Meanes to be applied outwardly to the stomacke.

And thus much as concerning preferuatines which are to be vsed when the fit is not, and which without all doubt will keepe the fit from comming: for taking away the cause of accidents, it must needes fall out that the effects cease. But when the fit of the windie melancholie shall put the sicke partie in paines, you must vse other meanes, which the Phisition shall alter and varie according to the accident, which is most strong and vrgent. As, if it be feeblenes, you shall leaue to doe all other things, and only strengthen the heart, and that by vsing the remedies before described. As, you may take of the confection of Alkermes, of bread dipped in wine, of Lozenges, cordiall Opiates, and the rindes of Citrons. You shall also apply vnto the heart, liquide and drie Epithemes, oyles, baulmes, oyntments and bagges. If heauines (which is the most common accident in the windie melancholie, as that which is caused of the grosse vapours, or of the winde which waigheth

Remedies to be vsed in the access of the disease.

Remedies and helps against feeblenes.

Remedies against oppression through windines.



downe the midriffe and membranes) doe lye grievously vpon the partie; it will be good to chafe and rub the thighes and legs lightly, to minister a Clister to breake windines, to apply great cupping glasses vpon the region of the spleene, vpon the nauell and all ouer the bellie: and if the grieue of these windes be very great, you may take a spoonefull of *Ros Solis*, or Cinamome water distilled, or *Aqua celestis*, or else two or three drops of the essence of Anise seede in a little broth very hote, or a little Treacle and Mithridate: if the winde doe continue vnremoued, and will not stirre out of the breast, you shall remoue them with some bags applied very hote, and these shal be made of the flowers of Camomile and Melilot, of the crops of Dill, of Millet and fried Oates. You may in like manner apply vpon the region of the spleene fomentations, which will resolute and waste some part of these grosse vapours. These are the three sortes of melancholie, which ancient writers haue deliuered vnto vs, that is to say, that which hath his seat in the braine, that which commeth of the sympathie of the whole bodie, and that which ariseth ordinarily from the places about the short ribbes, which is more common then either of the other, and which is so often happening in these miserable times, as that there are not many people which feelee not some smatch thereof. I come to the third disease of Madame Dutchesse of *Vex*, which is the Rheume.

THE



THE THIRD DISCOURSE,  
WHEREIN IS HANDLED THE  
breeding of Rheumes, and how they are  
to be cured.

CHAP. I.

*That the braine is the seate of cold and moysture, and by consequent  
the fountaine of rheumes and distillations.*



It is not without cause that *Hippocrates* (that great oracle of Greece) hath written in diuers places, that the braine is the principall seate of cold and moysture: for if we looke vnto his marrowie substance, his cold temperature, his round forme, hollow and somewhat long like to the fashion of a cupping glasse, and his high situation, receiuing al the vapours of the inferiour parts: we shall finde that all these dispose it and make it apt to beget and containe great quantitie of water. The substance of the braine was of necessitie to be soft and marrowie, that so it might the more easily take the stampe of formes: and to the end that sinewes which must spring and rise from thence, might with least annoyance and paine bend or bow themselves. But indeed this marrowie substance is not so called for any resemblance it hath with the marrow in the hollow parts of other bones: for it serueth not for nourishment vnto the skull; it melteth not with fire nor consumeth; his originall is more excellent, for it is made with the other parts, that are of the purest and finest portion of the two seeds. The temperature of the braine must be cold, thereby to temper the spirits of sence and motion, to resist their apt-

That the brain  
is the mansion  
of colde and  
moysture.

Why the tem-  
perature of the  
braine is cold.

Aristotle his  
error.

That the brain  
doth beget  
great store of  
excrements of  
it selfe.  
It begetteth  
many also ac-  
cidentally.

nes to be wasted and spent, and to keepe that this noble member (which is commonly imployed about so many worthie actions) should not set it selfe on fire, and make our discourses and talke rash and headie, and our motions out of order, as it befalleth them which are frenticke. It hath oft astonished me to thinke, how that great Philosopher *Aristotle*, durst say, that the braine was made cold, onely to coole the heart, not acknowledging any other vse of this his temperature. If the time and place would permit me to confute his errour, I would make it appeare that the heele hath more force to coole the heart, then the braine: but fearing to wander too wide out of my way, I will referre the reader vnto that which *Galen* hath written in his eight booke of the vse of parts. I will follow the leuelling line of my discourse, and say that the braine being of a soft substance and of a cold and moyst temperature (being compared with the rest of the parts of the bodie) doth beget many excrements: and for that it is nourished with a cold and raw blood, there must needs remaine great surplussages, and so it cannot but beget great store of superfluities: in such sort as that of it selfe and of it owne proper nature it is continually disposed, to beget and contraine water. It begetteth much also in respect of his shape and situation. His forme which is round, hollow and long, after the manner of a cupping glasse, draweth vnto it from all the parts of the bodie their exhalations. His situation which is aloft doth easily receiue them: so that these hote vapours falling into a part or member that is more cold, doe grow thicke and turne into water. As wee see the vapours rising, vpon the fire kindled in the parts about the short ribs, when they come to the skinne (which is more cold) to congeale and turne to sweate: Or as exhalations drawne vp by the heate of the Sunne, doe thicken in the middle region of the ayre, and turne into raine, haile, and snow. See then how the braine both of it selfe, as also by accident, is apt to ingender excrements, and how in euery liuing thing it may be called the principall seate of cold and moysture: but chiefly in man, for as much as according to the varietie of the animall functions which he executeth, he aboundeth with greater quantitie of braine, then any other liuing thing doth besides.

But



But these excrements (if wee beleue *Hippocrates* and *Galen*) are of two sorts; the one grosse, and the other refined. The subtile and refined doe breathe out by insensible vapours; the grosse doe stand in need of troughs and channels for to rid them by. Nature hath so providently forecast for them both, as that no man can but marueile at her industrious paines taken therein: for, to helpe and further the exhalation of the thinner and refined, she hath pearced the skull, and made all those seames which wee see therein, which stand in like stead to the bodie, as a chimney or breathing place doth to a house: and for the grosse excrements, she hath framed two conueiances and particular water draughts, by which all the water-pooles doth emptie it selfe, the one of which betaketh it self vnto the nose, and the other vnto the roose of the mouth. That in the palate is the more common of the two, and it riseth from the third ventricle of the braine, it is wide aboue, and groweth narrower and narrower, like a funnell: and that is the cause why the Anathomists doe call it *Infundibulum*. By this channell all the waterie substance of the vpper ventricles doe purge themselves, and betake themselves to a certaine glandule called the spiriting kernell, which drinketh vp like a little sponge all their water, and after suffereth it to glide away very smoothly through many pretie little clefts, which are to be seene by the side of the seate of the bone called *Sphenoides*, and so from thence betake themselves to the palate.

Two sorts of excrements.

Conueiances for the emptying of the layd excrements.

The conueyance vnto the palate of the mouth.

The other channell is led along to the nose: these bee the two bunches of the braine, which are fashioned like vnto paps. Their principall vse is to receiue the sniels, and to conuey them vnto the braine: but when there is great quantitie of excrements, nature doth offer them some hard measures, in causing to runne downe by these two bunchie excrelences the waterish humours, which otherwise doe passe by some part of the bone called *Ethmoides*, which is pearced in manner of a scarce. These are the two conducts, I meane the nose and the palate, which nature hath ordained for the purging of the braine.

The conueyance caried vnto the nose.

There are some others, but not ordinarie, which *Hippocrates* hath well obserued in his Booke of Glandules, as the

Extraordinarie  
conueyances.

the eyes, eares, spinall marrow, veines and sinewes: but these doe serue but at such times, as things are all out of order, and that the naturall gouernement of the braine is quite peruerted.

# CHAP. II.

*What this word Rheume doth signifie, what manner of  
diseaset is, and in what the essence there-  
of consisteth.*



If the braine be of a good temperature, it will not ingender any excrements, but such as are naturall to it, and accordingly auoide them every daye by such passages as nature hath assigned it: but and if it be distempered, it will gather a great deale moe then it ought, which either of their owne weightines (such is their elementarie forme) will fall downe into the lower parts, or else will be thrust out into some other part, by the vertue expulsive of the braine, which shall feele it selfe oppressed, either with the quantitie or euill qualitie of the same. This falling downe of humours in what maner so euer it be, is generalie called of the Greekes a Catarrhe, which signifieth as much as distillation. I know very well, that there is a more strict signification of this name, and that as *Galen* obserueth very well in his third of the causes of accidents, a Catarrhe is properly when the humour falleth downe into the mouth: but I will rest my selfe in this place with the most common signification, and will call all manner of falling downe of humours from the braine, into what part soeuer it be, a Catarrhe, rheume, or distillation.

What is meant  
by the word  
rheume,

That the  
rheume is an  
accident.

This disease  
that causeth  
this accident.

Rheume if we belecue *Galen*, is an accident of the third kinde, that is to say, an error in the excrements: this accident ordinarilie followeth another, and that is the weakning of some action; the action in this case weakened or hurt, is concoction. For the braine not being able to digest his nourishment well, ingendreth greater store of superfluities then it ought. The concoction offended, being an accident: doth immediatly depend vpon some disease. I thinke that this is for the most part a colde and moist distemperature;

rature; a drie distemperature may by accident sometimes bee  
 cause hereof, as in detayning the vapours, and hindring them from  
 passing any further; a hote distemperature also may be the cause  
 in resoluing the humours present, and too much drawing of the  
 vapours absent, but this happeneth but seldome. The braine then  
 is the part that is principally diseased in the case of rheumes. The  
 disease is a distemperature, which immediatly hurteth the digesti-  
 on of the member distempered, and of this hurt of digestion  
 cometh that, which is amisse in the excrement. But to vnder-  
 stand the nature of a rheume, it is needfull to play the Philoso-  
 pher in this sort. A rheume, or distillation, is no other thing then  
 the mouing of humours from one place to another, which the  
 Philosophers call locall. But in euery locall motion, *Aristotle* hath  
 obserued five things in his *Phisicke*: The moueable, that is to say,  
 the thing which is moued; the mouing, that is to say, the thing  
 which doth make the motion; and three tearmes or limits, as the  
 place from whence the motion began, the place by which the  
 motion was made, and the place where such motion staid and  
 ended. In rheumes the moued, is a humour of what condition  
 soeuer it bee, as whether hot or colde, gentle, sharpe, salte, thin,  
 thicke, simple or compound. The mouer of this humour, and cau-  
 ser of it to change his place, (which is called in one word the mo-  
 tiue) is twofold, the one inward, and the other outward. Againe,  
 the inward is twofold: the forme of the humour, and the soule,  
 that is to say, the power expulsive: the humour if it follow his na-  
 ture, and elementarie forme, must euermore of necessitie fall  
 downward, because it is heauie and weightie. But it often falleth  
 out that the humour being no longer within the power and iuris-  
 diction of the soule (as when the retentive facultie is altogether  
 weakened) falleth downe of it selfe, hauing no other motiue of  
 such motion, but onely his owne forme or weightines. So we see  
 the most part of them which die, to be smothered with a rheume,  
 the braine hauing altogether lost his force, and being (as it were)  
 resolued. The other originall that moueth the humours being in-  
 ward, is the soule; for nature hath giuen vnto euery liuing part a  
 vertue expulsive, to expell whatsoeuer may annoy it. The braine  
 then (being stirred vp, either by the abundance of the humour

The definition  
of rheume.

Five things to  
be noted in a  
rheume.

1. The moued.

2. The motiue  
or mouer.

The inward  
mouer.



The outward  
mouer.

The end wher-  
at the motion  
beginneth.

The bounds  
through  
which,

The bounds,  
where it en-  
deth.

which oppresseth it, or by the qualitie which stingeth and biteth it) straineth it selfe to expell it, and to thrust it from it, as far as euer it can. The outward motiue is all that which from without may pinch and presse together, relaxe or loosen, or shake the braine: the colde ayre presseth the braine together, and causeth the humours to fall downe; the ayre and bathes that are hote, doe loosen and resolue the humours; strokes, falls, and violent passions of the minde, may shake the humour which is within the braine, and make it change his place. And thus much for the mouing or motiue. It remaineth that we finde out the three tearmes or boundes within which euery locall motion is bounded. The place from whence the humour beginneth to moue, is within, and without the braine. The humour oftentimes keepeth within the ventricles, and the whole substance of the braine, and beginneth to departe from thence: sometimes it keepeth without the braine, betwixt the bone and his membrane, and causeth outward distillations. The places by orthrough, which the humour falleth (which is the second bound) are the ordinarie and extraordinarie passages of the braine, the ordinarie are the nose and the Palate: the extraordinarie are the eyes, eares, sinewes, marrow, veines, arteries, and space which is betwixt the bones and the membranes, or the spaces of the muscles. The tearme and limit where the humour endeth his course, may bee any part of the bodie, prouided that it bee in an inferiour region, or place that is lower then the head, and therewithall weake; for you shall neuer finde a rheume to rise from a lower part vppward. And thus much for the vnfolding of the definition of a Rheume, let vs now come vnto his differences.

### CHAP. III.

#### *The differences of a Rheume.*

Differences of  
rheumes ac-  
cording to the  
matter that  
makes them.



He principall differences of rheume, are taken from the matter that falleth downe; from the parts receiuing or sending, from the accidents accompanying the same, and from the maner of their generation. The matter of al rheumes is a humour: I call a humour all that which is actuallie liquid, and swim.

swimmeth. But in the humour we may obserue many things: the substance, temperature, qualitie, taste, and mixture, and from euery one of these wee shall draw some differences of rheumes.

The substance or consistence of the humour (for so Phisitions are accustomed to speake) is either thin and subtile, or grosse and thicke, or indifferent, and betwixt both. There are then some rheumes that are subtile, thin, and sharpe, and there are others more thicke. The temperature of the humour is hote or colde, so then there are hot, and there are cold rheumes; but colde rheumes are more common, and are begotten of a colde and moist distemperature of the braine: the colde distemperature weakeneth the concocting facultie, and causeth the braine to gather moe excrements then it needeth, and that it cannot digest the remainder of his colde nourishment. The moist distemperature weakeneth the retentive facultie, and suffereth the humours to fall downe, although they bee not superfluous. Men may discerne this colde rheume by many signes, for the humour that falleth downe, is nothing sharpe or pricking, the braine is drowsely inclined, the eyes dafled, the hearing heauie, the nostrils stop, all the senses dull, the face pale, the bodie slowe, heauie and lumpish, because that the strength of the armes and legges, commeth of the stiffness of the muscles and sinewes, but in this case the sinewes are softned, and as it were relaxed, because the braine which is their common originall and fountaine, doth swim all in water. The Phisition shall obserue yet for his further assurance, the temperature, age, dwelling place, season of the yeare, and order of life: for if the bodie be of a colde temperature, if it be olde, if he dwell in colde, waterie and marishie places, and that it be in winter; if he eate ordinarily of raw fruites, of moyst and colde victuals, and if he liue an idle and slouthfull sitting life, we neede not doubt but that it is a colde rheume. There be also hot rheumes, howsoeuer that many learned Phisitions denie it, for wee are confirmed in the contrarie, both by the authoritie of *Hippocrates*, and our owne experience. *Hippocrates* maketh mention of a sommer squinancie, which commeth of a subtile, sharpe, and hot distillation: and we see come forth at the nose oftentimes, a yellow and cholericke humour, which taketh off all the skin, and it is ingendred ordinarily of

The first difference drawne from the substance of the humour.  
The second difference from the temperature.

Signes of a colder rheume.

Note rheumes.

choler in the braine, which is purged out from thence by the eares. The olde writers haue obserued very well, that there are three sorts of excrements ingendred in the braine, as, one sorte of fleagme; another sorte of melancholie, and another sorte of choler: The fleagmatike passe away by the mouth and nose, the melancholike by the eyes, and the cholerike by the eares: wee see also when wee make cleane our eares, that all that commeth forth is yellow, and extreame bitter. Then there are hot rheumes, which are such either by their generation, as if they be made of choler; or by corruption, as when fleagme putrifieth, it getteth a certaine acrimonie, and becommeth salt. It is easie to finde out these hot

The signes of a hot rheume.

rheumes: for if the humour passe by the palate and mouth, they taste it bitter and pricking, it burneth and taketh off the skin euery where, where it commeth; the face is all red and fierie, the forehead extreame hot, and commonly it walketh hand in hand with an ague: we must adde vnto all this a temperature that is hot and cholericke, a hot constitution of ayre, a maner of liuing, and all other things which are apt to heate the humours, and to ingender such as are hote. We obserue furthermore in the humour (besides his substance and temperature) what his qualitie is, that is to say, the maners thereof: for there are some humours which are malicious, and haue a certaine secret malignitie, there are some more gentle, there are some that are concocted, and some that are crude and raw. From these conditions wee shall finde a difference of rheumes; as, there are some that are rebellious, as those which accompanie the french disease, or which rise of some remainder thereof, and these are not cured by ordinarie remedies, they must be overcome by soueraigne cordials and preseruatiues: there are other some more gentle, which are easilie cured and helped by some simple purgation: there are some that are crude, and some concocted: it is known to be crude, when we see it cleere, thin, vnequall, Greene, yellow, bitter or pricking: contrarie, if it be equall and euery where alike, and a little thicke, we iudge it to be concocted. We take some difference of rheumes from the taste and sauour which is in the humour, there are salte, sweete, sharpe, and tastelesse sauours: the salt ones are alwaies most dangerous, for if they fall vpon the Lungs, they cause an vlcere; if among the

The third difference riseth from the qualitie of the humour.

Signes of concocted, and vnc concocted rheumes. The fourth difference riseth from the taste of the rheume.

guts,



guts, a bloodie fluxe: finally, we may drawe from the mixture of the humours, these differences. There are simple rheumes, caused of one onely humour, and there are others which are made of the mixture of many. And thus much concerning the particular viewe of the first difference, which is taken from the matter.

The second difference may be gathered from the parts: now we haue two sorts of parts to looke into, as the sending, and receiuing parts: those which send, are either within or without the braine. Those within are commonly full of excrements, both because of their colde distemperature, and also of their marrowish substance; those without also, as betwixt the scull and the membrane next couering it, and betwixt this inner membrane, and the vtermost skin may be retained and gathered in great quantitie of water, either by the vapours, which not being able to passe any further, doe there growe thicke, or by the breathing forth of waterish humours out of the veines and arteries, which there stay and abide. From these parts then we shall draw these differences of rheumes, there are outward ones which come from without, and runne downe by the continued proceeding of the membranes through all the outward parts, euen vnto the ioyntes, and make oftentimes the Goute: There are inward ones which come from within the braine, and runne diuerse waies to the inward partes. If they take the waie of the spinall marrowe, they will cause an Apoplexie, Palsey, astonishment, and trembling: if they passe and fall into the eyes and eares, they will cause blindenesse and deafenesse: if they fall into the nose, they will cause the disease, called Coryza: if into the palate and rough arterie, they will cause hoarcenesse; as also shortnesse of breath, the cough, the consumption, if into the Lungs; and the fluxe of the bellie, called *Lienteria*, if they fall into the stomacke.

The second difference taken from the parts.

The third difference shall be taken from the accidents. There are rheumes which choake vp the parties, and kill them suddainely, and they are those which *Hippocrates* calleth *συνέχουσιν* *σύνθρονον*, the other are without daunger, and distill but softly. There are rheumes without feauers, and there are some that are accompa-

The third difference taken from the accidents.

nied with the feuer: there are some also that are painfull, and here are some without paine.

The last difference.

The last difference is taken from the maner of their generation and the efficient causes. There are some rheumes that are of themselves as being begotten of the sole defect of the braine, all the rest of the body being sound; and there are some which come by consent, as those which are caused of the ill disposition of the other parts: as of the liuer too much heated, and of the stomacke too much cooled; the liuer ouer hote doth send great quantitie of vapours vnto the braine, and the stomacke too much cooled doth fill all full of crudities. There are epidemike or popular rheumes, and there are erraticke or hereditarie ones: the popular rheumes happen of the constitution of the ayre, as was the whopping or crowing disease which happened this yeare, and that which ranne through all Europe about tenne yeares agoe. The erraticke or hereditarie rheumes come of a particular constitution of the bodie, and of the maner of liuing, which is particular vnto euery one.

#### CHAP. IIII.

##### *Of the causes of the Rheume.*



He causes of the rheume are either outward or inward: the outward doe ordinarily arise of the corruption of the ayre, and of the manner of life. The ayre may alter and change vs three maner of waies; by his qualities, by his substance, and by his sudden alteration and chaunge: that which is too cold, too hot, and too moyst, is apt to beget rheumes: the hot ayre doth it by resoluing and melting such humours as are contained in the braine, for thus it maketh them the more apt to fall downe: the colde ayre is the cause of distillations, because it presseth the braine together: and euen as a sponge full of water being pressed, wee may behold the water to run out like a riuer on euery side: euen so the braine being shrunke together by colde, letteth all her humours glide and slip away: the same cold ayre may also bee the cause of rheumes, by repelling and causing to retire the naturall heate from the vter

ter parts, to the inner. The Southerne and Northerne windes are mightie causes to moue and make rheumes: for those doe fill the braine and make it heauie, but these doe cause it to shrinke together. Long tariance in the Sun or open ayre doth effect as much. The sudden change of the ayre, and alteration of seasons are of the number of those causes which inforce the rheume. As also if the seasons doe keepe their naturall temper, as *Hippocrates* hath very well obserued in his third booke of Aphorismes, the yeare will greatly incline vnto rheumatikenes. If together with this partie alteration, or vtter ouerthrow of the temperature, there bee any particular defect in the substance of the ayre, as some secret and hidden corruption or infection, then it will ingender a popular and pestilent rheume.

The maner of liuing may likewise bee put in the scrole of outward causes, which doe ingender and beget the rheume: much eating and drinking doe likewise fill the braine, and this is the cause why drunkards and gluttonous feeders, are ordinarily subiect vnto the strangling rheume. Great abstinence may likewise cause rheumes in attenuating and making thin the humours; as also for that the stomacke being emptie, and not provided of any thing to fill it selfe withall, is constrained to make attraction of such moysture as is in the parts neere about. Long watching, continuall studie, extreame violent passions of the minde, in as much as they spend and waste the naturall heate and coole the braine, doe ingender rheumes: to liue all idle, doth keepe the excrements vnconsumed. Great euacuations, but especiallie oft letting of blood, and in great quantitie, do cast headlong the body into old age, and make it altogether rheumatike. Much sleepe puffeth vp the bodie and maketh it moyst, especially that which is taken at noonetide. And thus much for the outward causes which may cause and mooue the rheume: let vs now come vnto the inward.

The inward causes are either remote, or else conioyned: the remote (which it pleaseth some better to call Antecedents) haue relation to the euill disposition of the braine, head, liuer, stomacke, and sometimes of the whole bodie. The cold, moyst and hot distemperature of the braine doe oftentimes cause rheumes, the cold

The distemper-  
ature of the  
braine causeth  
and rheumes.



and moyst of their owne nature, the hot by way of accident: the cold distemperature weakeneth naturall heate, doth not make good digestion of nourishment, neither yet spend and waste vnnecessary superfluities: whereupon it followeth, that it must needs store vp abundance of excrements. The hot distemperature attracteth more nourishment then it can well digest, and more vapours then it can dispatch and make away withall. There are some which haue very wittily obserued, that the closenes of the substance of the braine, is oftentimes the cause of rheumes, because it retaineth the vapours, and suffereth them not to spend by breathing out and euaporation. The bad forme or shape of the head is likewise very forcible to procure rheumes: for such as haue the seames of their head very close set together, or which haue not any at all, (as wee haue seene very many) are subiect to distillations, because the vapours retained doe turne into water, and in deede the seames were chiefly made to serue for a vent, and as it were a chimney vnto the braine.

The euil shape  
of the head.

The distempe-  
rature of the  
lower parts.

The distemperature of the lower parts, and especially of the liuer and stomacke, is one of the most ordinarie causes of the rheume, if wee beleue *Anicen* the prince of the Arabians. For from the liuer, being excessively hot, doe come as it were from a great burning cole many hot exhalations, which by the cold temperature of the braine doe congeale and turne into water: I say further, that they which haue a very hot liuer, haue also their veines very hot, in such sort as that there rise continually very hot vapours from them. The cold distemperature of the stomacke ingendring many crudities, may also be a cause of rheumes: for thereby al the bodie is cooled, the second digestion not being able to correct the error of the first. But if it should so bee as that all the causes should concur and iumpe together, that is to say, that the braine should bee cold and moyst, the liuer hot, the stomacke cold, there were no doubt, but that thereupon would follow a perpetuall generation of excrements in the braine: and this is that which the Arabians would haue sayd, when they wrote that an vnequall distemperature of the principall parts is the greatest occasion of distillations. And thus much concerning the remote causes. The more neere or antecedent causes not onely of rheumes, but  
of

of all other fluxes of humours are three; the part sending, the part receiuing, and the nature of the humour. In the part sending wee obserue his high situation, and his strength: if it bee indued with these two qualities, it will easily cast his burthen vpon all the inferior parts, which are as it were vassals vnto it. *Hippocrates* hath well obserued it in the booke of the wounds of the head, when he sayth, that amongst all the parts of the head, the brow is most subiect vnto inflammation, because the brow is contained, but every fluxe is from the part containing vnto the part contained: the brow is contained both in respect of the low situation thereof, as also in respect of the production of vessels. The part receiue the humour, either because it is inferior, or because it is weake, or because it draweth it vnto it. Every inferior part is subiect to receive the burthen, of that which commandeth it: but and if the part be weake, it will yet be the more apt. This weakenes cometh either of it selfe, and from the proper nature of the part, or else by some accident: the rare and spungie parts are naturallie weake, such as are all the glandules, and it seemeth that nature of set purpose hath made them such, to the end that they should receive the excrements and superfluities of the principall parts. *Hippocrates* hath debated this matter so well in his booke of Glandules, as that a man cannot tel how to adde any thing therevnto. The skin was by nature made weak, to the end it might containe al the superfluities that are fro within, whereupon some call it the vniuersall emunctorie. Parts may also be weak by some accident, as by a fall, or blow, or some distemperature: in what maner soeuer they bee weake, it maketh them apt to receive the refuse of their neighbour parts. The last cause is the part his attraction of the humour. The Arabians haue acknowledged three causes of this attraction; heate, paine, and the auoyding of vacuitie. Heate attracteth of it owne nature, because it rarifieth the parts neere about, attenuateth and maketh thin the humours, and enlargeth the waies and passages, for the humour to runne through. Paine doth not attract of his owne nature, because it is an affect of feeling: but feeling is a patient and no agent, and euery one of the senses is executed by taking in of some thing: but the humours flow to the pained part, by reason of the weakenes of the same;

The causes more neerely procuring rheumes are three.

The part sending.

The part receiuing.

The weake part.

How the part attracteth the humour to it selfe.

How paine attracteth.

as also because the naturall heat thereof is weakened by the paine and cannot well concoct the humour, it must needes bee that it should stay in that place. They who affirme that the humour floweth vnto the part which feeleth the paine, because nature sendeth thither both spirits and blood, that she may comfort the same, doe deceiue themselves in my iudgement, and offer great wrong vnto nature: for if she knew that such a part stood in need of spirits and blood, she would know therewithall, that in sending this blood, she should profit the part nothing at all, but rather hurt it: so that paine doth not properly attract and draw. The last cause of distillations is imputed to the humour. For if it bee thin in substance, hot in temperature, sharpe and pricking in qualitie, it will be a great deale the more apt to flow.

## CHAP. V.

*A generall order of diet to be obserued, for the preuenting and curing of Rheumes and distillations.*



Will follow the same order and course in the laying downe of this regiment, which I haue taken in the other two going before. Wee must therefore so dispose of all the fixe things which are called not naturall, as that they may not only hinder the engendring of rheumes, but also consume and cure the same being alreadie begotten. Let euery man therefore make choise for himselfe of such an ayre as is temperate in his actiue qualities, and as for the passiue that it bee altogether drie: I say that it must be temperate in heate and cold, because that a hot ayre resoluing the humours of the braine, and a cold pressing them out, causeth them to fall downe abundantly. If the ayre bee too cold, it may bee corrected with good fires made of Iuniper, Rosemarie, Bay-tree, Oke, and Fig-tree: if it be exceeding hote, it may be cooled with hearbs and flowers that are indued with such propriety. There must care be had to auoide the Northerne and Southerne windes, because the one filleth the head full, and the other presseth it out. You must not abide much in the Sunne-beames,



nor yet in the open ayre. The windes which pearce through chinkes and rifts, are extreemely dangerous for the rheume. The inequalitye of the ayre (as *Celsus* obserueth very well) doth mightily further the begetting of rheumes: it is called an vnequal aire, when it is now hot, now cold. As concerning the passiue qualities, the ayre must in all maner of distillation incline vnto drines: and for that cause it is good to dwell vpon mounted places, and such as are farre from riuers.

In meates three things are to be obserued; the quantitie, qualitie, and manner of vsing them. As concerning the quantitie, all repletion and full gorging is enemie to such complexions as are subiect vnto rheumes: we may not at any time eate to the full, it is better to rise from the table hungrie, and hee cannot but fare the better, which cutteth of one meale in a weeke. As concerning the qualitie, it must bee contrary vnto the disease, or the cause thereof: the cause of rheumes is a superfluous humour, so that it will bee fittest to vse such meates as may dry vp the same. All vaporous meates in generall must bee abstained, as also meates that are grosse, windie, full of excrements, and hard to digest. In the manner of vsing of these meates, there must many rules bee obserued: as, there must no new meate bee taken into the stomacke, before the former bee thoroughly digested. You must content your selfe to feede vpon one onely dish, and that such as is good: for varietie filleth all full of cruditie, and it mingleth it selfe with the blood in the veines, and ministreth rheumatike matter vnto the braine. You must vse to eate more at dinner then at supper, in as much as sleepe which succeedeth supper within a short time, doth send great store of vapours vnto the braine, which are afterwards turned into water.

In meats three things are to be obserued.

The bread must bee of good wheate, and thoroughly baked, not cleane purged from his branne, but retaining a little branne and mixt with some salt; it must neuer be eaten hot: at the latter end of meate you may eate bisket, wherein some Anise and Fennell seede haue been put.

Bread.

Roasted meates are much better then boyled, and of them such as doe not abound with humours: we allow the vse of Capon, Pi-

Flesh,

geon,

geon, Partridge, young Hare, Kid, Hart, Feasant, Quailles, Turtle doves, and all birds of the mountaines, all which may be interlarded with Sage and Hissope of the mountaines. The vse of water-fowles, Porke, Lambe, Mutton, and young Veale is forbidden: broths and pottage are very ill.

**Fish.** Fish is exceedingly contrary. All sort of milk-meates is an enemy in rheumatike diseases, as also all maner of pulse.

**Hearbes.** As concerning hearbes, the Arabians recommend vnto vs, Sage, Hissope, Mints, wilde Time, Margerome, Rosemary, Burnet, Cheruill, Fennell, and Costmarie. *Ætium* tolerateth Coleworts and Leckes, but he forbiddeth in expresse tearmes Garlick & Onions, (because they send vp many vapours) and all cold moyst hearbes, as Lettuse, Purcelane, Sorrell, and such like.

**Fruites.** All fruities that abound in moysture, as Apples, Plums, Melons, Cucumbers, and Mulberies are forbidden. But as for such as haue propertie to drie, as Pine apples, small nuts, Pistaces, Almonds, Peares, Quinces, Figs, drie Raisines, Medlers, Ceruisses, they may be vsed after meate. And thus much concerning meate.

**Drinke.** As concerning drinke, cold water, and all maner of licour that is actually cold, it is enemy to al such as are subiect to the rheume, if so bee that such rheume be not extreame hot, pricking, and accompanied with an ague; Barley water with a little Sugar and Cinamome is very good and fit, or a Ptisane, or water and Honey boyled together.

**Wine.** If the stomack cannot indure the vse of these waters, you must make choise of some well conditioned Wine, which is small and neither sweete nor biting. Muscadels, Hypocras, and such like mightie and strong Wines, doe altogether strike vp into the head, and fill the braine with vapours. To drinke as soone as a man is set downe at the table, doth cause and increase the rheume mightily: and there is nothing so daungerous to them which are troubled with the rheume, as to drinke when they goe to bed.

**Sleepe.** Excesse of sleepe maketh the bodie heauie, and heapeth together store of excrements: it shall bee sufficient to sleepe sixe or seuen houres, and in the meane time the head and the feete must be kept couered: for as *Aristotle* obserueth, cold taken in the vttermost

most parts doth infinitely indamage them which haue a cold and moyst braine. In sleeping it is good to lye with the head somewhat high, and vpon the sides: for to sleepe vpon the backe heate the bodie of the great hollow veine, which lieth vpon the backbone, and sendeth great quantity of vapours vnto the braine. Let euery man watch well ouer himselfe, that he vse no sleepe at noone, neither yet by and by after meate; it will be more healthfull to bestow the time in some short or gentle walke, or in some pleasant and religious talke. You must not straightwaies after meate applie your selfe to reading or writing, or any deepe meditation, because such action might turne the course of naturall heat out of the way, which ought altogether to be employed in making digestion.

Long watching may hurt as much as ouer much sleepe, for that it spendeth naturall heate, and cooleth the braine. It is good to rise early, and walking vp and downe the chamber, to cough, spet, and free ones selfe of all naturall excrements. Watching.

The exercises of the whole bodie are much commended of *Hippocrates* that famous Phisition, and those which are of particular parts, as frictions will serue for good vse: but if the head bee weake and very replete, it will require that such friction be begun in the lower parts, and from thence to come vnto the thighes, backe, armes and necke, and to rubbe the hinder part of the head with bags or sponges artificially contained and made. And seeing the head is the fountaine of all distillations, it will be meete and conuenient to haue a speciall regard and consideration thereof: it must not be overladen, neither yet too sleightly couered, but after a meane and middle maner, and yet it is alwaies better to indure too much heat then too much cold vpon it: it is not good to tye it too hard, least it might draw humours from below. The bellie must be kept soluble continually. Exercise.  
Frictions.

#### CHAP. VI.

*A generall methode for the curing of Rheumes.*

For as much as in all distillations there is a part sending, and another receiuing; the Phisition must haue speciall consideration



ration vnto them both. The head is the wellspring and fountayne of all distillations: wherefore we must bestow one part of our labour and trauell to purge the head, and to drie and strengthen it, that it may not gather any new excrements or superfluities. I will appoynt and set downe an order to be vsed in colde distillations, comming of a colde and moist distemperature of the braine, because that those are most incident, and this method may serue for a rule vnto the other sorts.

The first intention.

The first intention which we are to propound and set before our selues, is to purge this wellspring, to draine it, and vtterly to drie it vp if we can. This will be effected and wrought by vniuersall and particular euacuations: the vniuersall must alwaies be first

Blood-letting.

vsed. If it be a full bodie, a hot rheume, an ague accompanying the same, and that the liuer be exceedingly hot, blood letting will profit very much, but if no one of these particulars fall out, then it hath no place, and profiteth nothing, and this is it which the Arabian writers meane when they say, that the rheume meereley considered as a rheume, doth neuer require bloodletting, but onely when it is accompanied with some accident. Wee will come therefore to the maner of purging, which must first begin with a Clyster which will purge the whole bodie, and draw also from the head.

Purging.

A Clyster.

Take of the common decoction (whereunto hath been added Margerom, Hyslope, Sage, of each a handfull) the quantitie of a pinte, of Annise seede three drams, of the flowers of Camomile, Stechados, and Rosemarie, of each halfe a handfull, after you haue strained the whole, dissolue therein of the blessed Laxatiue one ounce, of Diaphenicon an ounce, of the honie of Rosemarie flowers or Mercurie one ounce, of oyle of Dill two ounces, of salte a little, and make hereof a Clyster.

Benedicta  
Laxatiua.

Pils.  
A potion.

The daye following, you shall take a dram of Pillulæ Cochiz, which shall serue in steede of a minoratiue, or else this potion. Take of good Agaricke one dramme, of Rubarbe as much, infuse them all one night with a little Cinamom and a few Cloues, in the water of Hyslope or Minthes: and after you haue pressed it out, dissolue therein of Diaphenicon, or else of Diacarthamum, two drams,

drams, and of syrupe of Roses laxatiue, one ounce, make thereof a potion.

If the humours bee colde, grosse and slimie, it will bee good to prepare them with this Apozeme. Take of the rootes of Acorus, of Cyperus, and of Galanga, of each halfe an ounce, of the leaues of Betonie, Hyslope, Margerome, Sage, Balme, Agrimonie, of each a handfull of Anise and Fennell seede of each three drams, of the flowers of Rosemarie, Stechados, and Betonie, of each a pugill, boyle all together to a pinte and a halfe, wherein dissolue of the honie of Rosemarie flowers, or of course Sugar, three ounces, and make thereof an Apozeme, clarifie it and aromatise it with a dram of Aromaticum Cariophyllatum, and with a little Cinamom, to take foure mornings together. After this, the bodie shall be purged again with y<sup>e</sup> same pills, or with the pills of Agaricke, *Sine quibus*, or *Pillula foetida*, and the same potion, but in somewhat greater quantitie. The Arabians make a prettie obseruation about pills, as that they must be somewhat great, that so they may abide the longer time in the stomacke, and so not being so soone dissolved, may draw from further of. And thus much concerning purgations vsually to be taken in such rheumes.

Preparation of  
the humours.  
An Apozeme.

Dyet drinckes that doe prouoke sweate, may be put in the number of vniuersall euacuations, for they auoide all the waterish parts which are contained in the veines, and drie vp the superfluous moisture which is within the bowels. We shall make them with Guaiacum, Zarza-perilla, the roote China, and Sassafras, the manner of the setting downe of such, as also of the vsing of them is sufficiently knowne vnto euery one. The bodie hauing been purged by these vniuersall meanes, there may bee vsed particular purges for the braine. The euacuation may be sensible or manifest to the senses, or insensible, and such as the senses cannot discern: the sensible euacuation is effected by errhines, masticatories, gargarismes, vesicatories, sinapismes, cuppings, scarifications and cauteries, the insensible, by powders, bags, cupping without scarification, and perfumes. Errhines doe purge the braine by the nose: there are diuerse sorts made of them, as some are drie, and some liquide: the drie are made with powders of pepper, the seede of *Sauetacre*, and white Hellebor: the liquid ones with the iuyce of

Decoctions  
procuring  
sweate.

Errhines.

Marge-

- Margerome, Mercurie, Male Pimpernell, Beetes, and Coleworts, with white wine, there are some which greatly commend the oyle of nigella, if the nostrels be annoynted therewith within. Masticatories doe purge the head very strongly, and they are made with the rootes of Pellitorie, or with Masticke, Nutmeg, Cubebs, Damaske raisins, steeped in the water of Sage, or in the essence of Sage and Time. Gargarismes are not in so great vse. Vesicatories applied vpon the head, doe also purge the same sensiblie: they are made with very strong leauen, dung of Pigeons, the flies called Cantharides, and a little Aqua vitæ: you may likewise make emplaisters which will draw forth water, with the rootes of Brionic, of Tapfia, Mustard-seede and Euphorbium. Bread very hot applied vpon the head and nape of the necke, with a little Aqua vitæ, doth draw it selfe all full of waterish excrements. Cupping glasses with scarification, will serue to make euacuation in this case. Finally, in rheumes that are olde and rebellious, cauteries doe profite very much, to drawe drie the fountaine, and to diuert the humour: they are to be applied vpon the head, behinde in the necke, and in the armes. There is another insensible euacuation, which is then wrought, when any humour is discussed and resolved in such sorte as that it turneth into a vapour, and thereupon doth breath out by an insensible transpiration: the same may be done by bags, powder and perfume. Take of Millet, and Otes a good handfull, of bran and salt one ounce: frie all these together, and close them vp in a bag, which you shall lay very hot vpon the coronall suture; or else: Take of Annise seede, Fennell seede, and Bay berries, of each two ounces, of Millet foure ounces, and as much of common salt, of the crops of Dill, of Camomile and Rosemarie flowers, of each a handfull, frie all these, and put them vp in bags, to be applied vpon the head. Perfumes that draw out and resolve, are thus made: Take of Storax, Beniouin, and of Nigella Romana, of every one three drams, of cloues, and of the trocisks of Gallia Moscata, of each one dram, make thereof a perfume, and perfume the headclothes therewith. Or else take of incense, Ladanum, Beniouin, of each three drams, of gumme Hedera, of Iuniper berries, and Coriander prepared, of each two drams: mixe all these, and make thereof a perfume. By all these helps,



helpes, we may accomplish our first scope and intention, which is to cleanse the braine, and draine the fountaine of rheumes.

Our second scope and drift must be to strengthen the braine, and take away the cold & moist distemperature, which causeth a continuall ingendring of excrements and turneth all into water: for in vaine shall we doe vp this spring, except we take away all means, whereby it may fill vp againe, and for the effecting hereof we may vse inward and outward remedies. The inward are Opiates, Lozings, and powders; Treacle and Mithridate are very singular good, as also the conserues of Betonie, Rosemarie, and Stechados. Take of the conserues of Rosemary, Stechados, and Betonie, of each one ounce, of old Treacle two drammes, of the powder of *Aromaticum Rosatum*, and *Diagalangis*, of each one dram; make thereof an Opiate with syrupe of Stechados, taking thereof to the quantitie of a small nut at night when you goe to bed, you shall make lozings to y same effect after this maner. Take of the powder of *Aromaticum Cariophyllatu* one dram, of *Diagalanga* halfe a dram, of Nutmeg a scruple, of Sugar dissolved in the water of Betonie or Balm so much as shall neede, make thereof an electuarie in lozenges, euery one weighing three drams, of these you must take one in the morning two howers before dinner, and another at night one hower before supper. A digestiue powder after meat will serue to strengthen the braine and stomacke. Take two drammes of Anise seede confected, of Cinamome two drammes of Nutmegs one dramme, of red Corall two scruples, of Pearles prepared, and Harts horne, of each one scruple, of rosed Sugar and white Sugar, of each foure ounces; make thereof a powder, of which you shall take a spooneful after euery meale: if you make it for them that are rich, you shall adde thereto a little Amber grise. *Aqua caelestis*, *Theriaca*, and *Imperialis* are very good to drie and strengthen the braine and especially in old folke, and such as are of a cold distemperature.

The outward remedies which doe strengthen the braine are head powders, which shall be cast all ouer the head, or else you shall make caps thereof. Take of Cloues, Maces, and Ziloaloe, of each two drams, of red Roses, & Betonie well dried, of each three drams: make it into a powder, which you shall ordinarily scatter

The second scope is to fortifie and strengthen the braine.

Inward remedies.

An Opiate.

Lozenges.

A digestiue powder.

Outward remedies.

A head powder.

Bonnets or coifes.

An emplaster  
to strengthen  
the braine,

Lotions for  
the head.

A sope for the  
purpose.

Natural bathis.

Oiles to bee  
put in the  
eares,

ouer all the head : or else make a little cap after this fashion : Take the leaues of Betonie, Balme, Margerome and Mints well dried, of each three drams, of Cloues, Mace, Nutmeg, of each one dram, of red Roses and Rosemarie flowers a dramme and a halfe, of Dyers graine, and of Ziloaloe, of each a dram : make them into a powder, and mingle them with Cotton wooll, to make a little quilted cap thereof with red Taffata. Also you may make emplasters to applie all ouer the head, which may strengthen and drie it very much : Take of *Landanum* and Maltick that are very pure and cleere, of each halfe an ounce, of Incense and Sandaraca, of each three drams, of the rootes of Cyperus, of Cloues, and of Ireos of Florence, of each halfe a dramme, of the flowers of Sage, Rosemarie, and red Roses, of each halfe a dram, of Cubebs two scruples, mixe all this with oyle of Ireos and a little Turpentine, and make thereof a plaister. There hath beene brought vs certaine yeeres since, a very excellent Gumme called *Tacamabaca* : it is applied vpon the head, in forme of an emplaster, it strengtheneth the braine, stayeth all rheumes, and hath such proper- tie to appease and take away paynes, as that the Indians vse it in all maner of aches, if it fall not out that there be some inflammati- on manifest and apparent. I my selfe haue seene very notable successe in the vse thereof. All the ancient practitioners do great- ly praise for the drying and strengthening of the braine the Loti- ons of the head that are made with hearbes appropriate for the head, as Betonie, Balme, Margerome, Lauander, flowers of Ste- chados and Rosemarie. There may be made a very good sope and fit for the purpose, after this fashion. Take of good Sope three ounces, of Agarick three drams, of Ireos of Florence two drams, of Cloues and Mace, of each one dram ; make them into a Sope. Naturall bathes of sweete water as they are called, are much com- mended, because they be actually hot and sulphurous, as are those of *Balarne*, which are foure leagues from *Mompelier*. Some there be which put certaine drops of the oyle of Turpentine euery night in the eares and stop them afterward with musked or sweete Cotton wooll : and assure themselues that this drieth and streng- theneth the braine mightily. All these remedies will serue in cold rheumes, and in such as haue the braine colde and moyst. If the  
rheume

rheume be hot, and the braine hot, the Phisition shall be of iudgement able to alter the remedies, and to appropriate them to the distemperature. Loe here the two severall intentions, which respect the member sending, and leade vs first to the drawing of it drie, and afterward to the strengthening of it, for feare it should ingender new and fresh matter.

We must now aduise what is to be done vnto the member receiuing. Euery inferiour and infirme member is apt to receiue, but yet the care to be had of it is greater or lesser, according as the part is more or lesse excellent and seruing our necessitie: if the rheume fall vpon the eyes, I haue already set downe the remedies: if vpon the nose, it must be turned some other way: if vpon the teeth, you shall see in the chapter following how they are to be preserued: if vpon the stomacke, it may be cast out by the bellic. The most dangerous of all is that which taketh his course vnto the rough arterie, and falleth suddenly into the breast or lungs, for it hindreth respiration, which is a most necessarie action, and so stiflith the partie. Such must be cared for and helped with all speed, and that by vsing all those remedies which I haue set down, to euacuate, diuert, and turne away this motion of humours: but if it should fall out to be too swift, we shall be constrained to cut it short with remedies that shall be held in the mouth, and which one may swallow downe, beginning with the sleightest, as Bole Armoniake, Terra Sigillata, Gumme Tragacanth, conserue of old Roses and rosed Sugar, of which there may bee made pretie receipts. Take of the conserue of old Roses a dram and a halfe, of the powder of Gumme Tragacanth a dram, of Terra Sigillata, and Bole Armoniake orientall, of each two scruples, of Sugar dissolved in the infusion of Gumme Tragacanth, so much as needeth: make thereof pretie small pellets. If this will not serue them, we must come to the remedies which are stronger, as Diacodium, new Treacle, *Pillula de Cynoglossa*, or else those which are described of the old writers, and are made of Styrax, Galbanum, Opium and Mirrh in equall portions. These remedies are not to bee appointed, but in extreame necessitie, and when the present and sudden stifling of the partie is feared.

The rheume may also be stayed with outward meanes, as par-  
 Outward remedies staying  
 fumes the rheume.



fumes and emplaisters. Take of red Roses, and of Coriander seed prepared, of each a dramme and a halfe; of Mastick, Sandaraca, and Gumme Hedera, of each a scruple; of the seede of Poppie halfe a scruple, of Mirtle berries halfe a dram: make them in a powder to perfume the head, and the same fume may also be taken either at the mouth or nose. The gum Tacamahaca (whereof I haue spoken somewhat before) is very good to stay vp the rheume, and to cause it to cease suddenly. The rheume being somewhat stayed, wee must cleanse out that which is fallen into the breast, and euacuate it by the remedies vsuall for the cough. I will not set downe any particular remedies in this place, for as much as I teach the generall methode onely, which may serue for the curing of rheumes.

## CHAP. VII.

*The meanes to preserue the Teeth.*

Or as much as rheumes doe oftentimes fall downe vpon the teeth, and spoyle them very mightily, I am perswaded that I shall not displease the Ladies and Gentlewomen, if I deliuer in a small chapter the meanes to preserue the same. To haue faire and sound teeth, it behoueth that they should be white, smooth, hard, standing fast, and that the flesh of the gummes be whole, hard, and well trussed vp. I purpose first to shew and make knowne that which may loosen, blacke, or canker them: and after I will describe the remedies which are most exquisite, and may best serue for the making of them faire. The cold ayre, as *Hippocrates* obserueth in the fift booke of his Aphorismes, is enemie to the teeth. All raw, slimie, sweete, sharpe, fat, hard, vaporious meates, and such as are actually cold, doe hurt the teeth infinitely. The raw meates doe send vp very many vapours which canker them, and make them blacke: sweete, slimie, and fat meate doe leaue much filth about them: sharpe meates set them on edge, and cause a numnes in them, by reason of their roughnes and vneuenes: hard meates doe shake them very much. It behoueth to vse flesh of good

Wherein consisteth the fairenes of the teeth.

What may happen to the teeth.

The ayre.

Meates.

good iuyce, and which is digested easily: for who so will keepe their teeth faire, must aboue all other things take care of their stomacke. The common vse of milke, cheefe, paste meates, tarts and pulse doe destroy the teeth: Sugar amongst other things doth make them blacke. It is not good to chaw the meate vpon one side onely, but rather on both sides equally, because the teeth that are not vsed will corrupt. All flesh of Lambe and Swine, and all fried meates, are extreameley contrary vnto them, as also the ordinary vse of fruits which are very moyst. All writers haue marked that Leekes doe wholly spoyle both teeth and gummies.

Wine must be well delayed before it bee drunke, and it must not bee sweete, nor very cold. Very hote broths, as also all other meate exceeding hot doe spoyle them. There is care to bee had in keeping of them very cleane after eating: and therefore the tooth-pickes of Masticke tree, Mulberie tree, Rosemary, Cipers, and other woods which haue some binding facultie are very fit: there may be added vnto the former a little of the wood of Aloes: They must not bee made cleane with a knife, pinne, or with any thing of gold or siluer, as many doe, because that it doth loosen the ligaments. It must also be auoyded to lie digging at them any long time, especially of such as are subiect to distillations. After that the teeth are thus picked and cleansed, they may bee washed with wine delayed. The continuall and common vse of Sublimatum, doth blacke and spoyle the teeth very mightily: but and if you would preuent that it should doe no harme, it must first bee well prepared, and after ward neuer to vse it, but when it hath been steeped in water three or foure moneths, chaunging the water the first moneth euery day, and once or twice a weeke in the rest: it must also neuer bee vsed about the face, but the mouth must first be washed and the teeth cleansed, and water kept in the mouth. And thus much for the things which may hurt the teeth.

Wine.

Sublimate  
hurteeth them.

To vse subli-  
mate so as that  
it may not hurt  
the teeth.

Let vs now see what things are good and profitable for them. There are some that haue their teeth very white, but they are not fast, because that either the ligaments are loosened, or for that the gummies haue lost part of their fleshie substance: other sonie haue their teeth fast, but they be blacke. Wherefore there are two sorts of remedies to bee prouided: the one to blanch and make white

Things to  
make the teeth  
white.

A powder.

A distilled wa-  
ter.

A powder.

The prepared  
rootes of Ho-  
lihocks.

the teeth: the other to fasten them and incarnate. There are an infinite number of those which doe make white the teeth, but I will chuse the most fit and conuenient. The Greeke Phisitions commend the pumice stone burnt and made in powder, more then any other thing, and their ordinarie remedie is this. Take of pumice stone and burned salt, of each three drammes; of *Juncus Odoratus* two drams, of Pepper a dram and a halfe: make them all in powder, and therewith rub the teeth. We shall make a powder which in my opinion will be very fit. Take of pure Christall a dram and a halfe, of white and red Corall of each one dram, of pumice stone and cuttle bone, of each two scruples, of very white Marble, of the roote of Florentine Ireos, of Cinamome and Dyers graine, of each halfe a dram, of common salt one dram, of Pearle well prepared a scruple, of Alabaster and Roch Alome of each halfe a dram, of good Muske tenne graines: make them all into very fine powder, and rub the teeth therewith every morning, washing them afterward with white wine. With the very same powder there may be made Opiates, putting thereunto some honic. The spirit of Vitrioll mixt with a little common water, doth white the teeth marueilously, and is one of the rarest and most singular medicines that is. There are some which do much esteeme *Aqua fortis* well delayed with common water. There may also a water be distilled, which wil make them white. Take of liue Brimstone, Alome, Sal Gemma, of each a pound; of Vineger foure ounces: others vse the spirit of Vitrioll in stead of Vineger; distil hereof a water with a retort, vsing a gentle fire, that so it may not smel of the Brimstone. This water doth make the teeth very white, and cleanse rotten gummies. If the teeth be very blacke and filthie: Take of Barlie meale and common Salt two ounces, mixe them with Honey and make a paste, which shall be wrapped in paper and dried in an ouen: you shal take of this powder three drams, of Crab-shells burned, pumice stone, egge shells in powder, and Alome, of each two drams; of the rinde of drie Citrons one dram: they shall all bee mixed together, and the teeth rubd therewithall. The rootes of Holihocks well prepared, doe mightily cleanse and whiten the teeth. The way to prepare them is in this sort: Take the rootes of Holihocke being made cleane, and cut them in many long



long peeces, boyle them in water with Salt, Alome, and a litle of Florentine Ireos: afterwards drie them well in an ouen, or in the Sunne, and rubbe the teeth therewith. If the teeth be not fast but shake to and fro: Take of the rootes of Bistort and Cinquefoyle, of each one ounce, of the rootes of Cypers two drams, of red Roses, the rootes of white Thistle, and of the leaues or bark of Mastick tree, of each halfe an ounce, of Sumach two drams, and of Cloues a dram: boyle al these in Smithes water and red wine, wash therewith your gummies, putting thereto a litle Alome. Or else: Take red Corall, Hartshorne and Alome, of each a dram and a halfe, of Sumach, and of the rootes of white Thistle of each a dram: make them in powder, which you shall mixe with the iuyce or wine of Quinces, and apply them vpon the gummies and to the rootes of the teeth in the forme of an oyntment. If the teeth be bare and without flesh, they must bee covered by causing flesh to grow againe with such remedies as followe. There shall be made a powder, with Alome, red Corall, gumme and rinde of the Frankincense tree, with a litle Ireos and Aristolochie. Or else take plume Alome, Pomegranat flowers and Sumach, of each two drammes, of Aloes wood, of Cyperus, of Mirrhe and Masticke, of each a dram: make thereof a powder. Opiates also are very fit to beget flesh, and doe abide better vpon the place. Take of Roch Alome halfe an ounce, of Dragons blood three drammes, of Mirrhe two drams and a halfe, of Cinamome and Masticke of each a dram: make them all into very fine powder, and with a sufficient quantitie of Honey make an Opiate, which you shall apply at euening vpon your gummies, and there let it remaine all night: the next day morning you shal wash them with some astringent decoction or red wine. There bee some that take a corne of Salt euery morning in their mouth, and letting it melt, doe rubbe the teeth with their very tongue, holding that this doth white and make fast the teeth, hindring and keeping corruption and putrefaction from the teeth. And thus much for the preservation of the teeth.

To fasten the teeth that shake and are loose.

To beget flesh about the teeth.

An Opiate.

THE



THE FOVRTH DISCOVRSE,  
WHEREIN IS INTREATED OF  
old age, and how we must succour  
and relieue it.

CHAP. I.

*That a man cannot alwaies continue in one state, and that it  
is necessarie that he should grow old.*

How every  
thing that is  
must haue an  
end.



His is a generall and solemne decree, published throughout the world, and pronounced by Nature her selfe, that whatsoeuer hath a beginning (so that it consist of matter) must also haue an end: There is nothing vnder the cope of heauen (except the soule of man) which is not subiect to change and corruption. All the great and famous Philosophers and Phisitions that euer were, haue without any contradiction put to their hands to this writ of arrest. *Hippocrates* in his first booke of diet, *Aristotle* in a little booke which he made of the length and shortnes of our life, and *Galen* in his first booke of health haue giuen so cleere and apparant reasons for the same, that there is no way to withstand or gainsay it: adde hereunto, that experience doth so farre confirme vs, as that hee which should doubt should be holden for a foole, and one bereft of vnderstanding. Wee celebrate day after day the funerals of our ancestors. Every houre doe we grieue and stand astonished at the consideratiō of the losse of so many great personages: and of all whatsoeuer hath been since the creation of the world, there is nothing remaining but that which the memorie of historie hath reserued to succeeding ages. It is not my purpose  
here

here to sift out by peece meale all the causes which may alter and corrupt naturall bodies, I haue nothing to doe with the transmutation of the elements, the corrupting of metall, the dying and growing olde of plants: I will onely make euident that which may alter our bodies, and whatsoeuer may cause them to waxe olde. My reasons shall bee drawne from the liuing and cleare springs of naturall Philosophie.

The causes of our dissolution are either inward, or outward: the inward are borne with vs, abide with vs dailie, and accompanie vs euen to the graue. The outward doe spring and rise from without, compasse vs round on euery side, and though a man may keepe himselfe from some few, yet there are an infinite number besides, which cannot be auoyded. Those which are borne and bred with vs are two, the contrarietie of the elements, whereof our bodies are framed, and the working of our naturall heate. The elements accompanied with their foure contrarie qualities (which are heate, colde, moisture and drines) the better to mixe and vnite themselves together, doe make a kinde of league, euery one of them willingly forgoing some of his right and soueraigntie, and thereby reducing themselves vnto a mediocritie, which is called temperature; but this bond of vnitie doth not long last, for the qualitie which doth ouer rule, and giue the name vnto the temperature, beginneth the discord, setteth vpon his contrarie which is more weake, and ceaseth not to impugne it, vntill it see the vtter ruine and overthrow of the same: this is one of the vnauoidable causes of our death, and that which we bring with vs from our mothers wombe; for there is not one bodie in the whole world to be found of so equall a mixture, as that there is not some excessse in one of the foure qualities ouer and aboue the rest. That temperature which the olde writers haue described and called *ad pondus*, is onely imaginarie, not seruing for any other thing then to iudge of the rest by, seeing it is not any more to be found, then *Plato* his common wealth, or *Tullie* his perfect Orator. This iarre therefore which is found in our complexion, is the principall cause of our olde age. And it is the same which *Aristotle* hath well obserued in the booke alleaged, whē he saith, that in euery thing wherein contrarie things concur, it must needes come to passe, that corruption

The causes of old age.

The inward causes of our death.

The contrarietie of the elements.



The operation  
of our naturall  
heate, is the se-  
cond cause of  
old age.

Our naturall  
moisture can-  
not be renew-  
ed with his  
first and for-  
mer qualities.

doe followe. The other cause of our death and dissolution, is the worke and operation of naturall heate. Our life is stayed vpon two pillers, which are the radicall heate and moisture; the radicall heate is the principall instrument of the soule, for it is it that concocteth and distributeth our nourishment, which procureth generation, which stretcheth out and pearceth the passages, which fashioneth all our parts, which maketh to liue (as saith *Trismegistus*) all the seuerall kindes of things that are in the whole world, and gouerneth them according to their worth and dignitie. This heate being a naturall bodie hath neede of nourishment; the humour which is called the radicall moisture, is the nourishment thereof, as the oyle which is put into the lampes, doth maintayne and feede the flame; this humour once failing, it must needs fall out, that the natural heate should perish, but this humor cannot last for ever, seeing the natural heate is daily threatening & consuming the same. But thou wilt say, that it is continually repaired and renewed, and that the heate and moisture influent, which come from the heart, as from a liuely fountaine, and are conueyed along by the arteries, as through certaine pipes, may restore and put as much againe in place, as hath been lost and spent. But then I would haue thee to know, that the new reparations cannot be so pure, as also that it neuer falleth out to be in like quantitie. As for the purenes thereof, it is easie to see, that the moisture which commeth in place of that which was lost, cannot attaine the same degree of perfection with the former; for our solide parts wherein consisteth the foundation of life, are made of seede that is most pure, thoroughly wrought and concocted, and refined in all those turning and winding labyrinths, which are to be seene in the vessels of seede, and now they are nourished onely with blood turned white by vertue of the said solide parts, and that which passeth not through so many refining pipes, whereby it commeth to passe, that as wine the more that water is mixt with it, becommeth so much the more waterish, and in fine changeth altogether into water: euen so the radicall heate and moisture waxe weaker and weaker euery houre, by the coupling of them with new nourishment, which is alwaies infected with some aduersarie and vnlike qualitie. And seeing it is a generall vchangeable and infallible rule in Philosophie, that  
euery

euery naturall agent doth become a patient, and sufferer in the performance of his action, and so by consequent doth weaken it selfe: our naturall heate weakening it selfe euery daye, cannot repayre that which is lost, and place in other of the same degree of perfection; it must of necessity therefore grow olde, and in time dye right out. And as forthe quantitie of that which (as things that runne out) is wasted, it cannot be repayed altogether in the same proportion and measure, for the wast is incessant, but the repayre is by little and little, and that after an infinite number of alterations. See here how that which should preserue vs, doth ouerturne and destroy vs, and how our heate consuming our radicall moisture, doth thereby in the ende cut it owne throate. These two causes doe spring, growe and are nourished together with our selues. There is not that Phisition in the world, were it *Aesculapius* himselfe, which can saue and deliuer vs. All the precious li-cours that are, *Aurum potabile*, conserues of Rubies and Emeralds, *Elixir vita*, or the fained and fabulous fountaine of restored youth cannot withstand, but that our heate must at length grow weake and feeble.

The like quantitie of naturall moisture cannot be repaired.

*Galen* derideth very well an Egyptian Sophister which had drawen commentaries of the immortalitie of the bodie. If a man (sayth he) could when a thing is come to his perfection, renew the same, at that very instant, and make the principles thereof in like maner new, without doubt such a bodie would become immortal: but this thing being impossible, it must needs fall out that euery naturall agent must weaken it selfe, and so of necessity waxe old. The men of Egypt & Alexandria did beleene that the naturall cause of olde age did come of the diminishing of the heart: they said that the heart did growe till fiftie yeeres the weight of two drams euery yeere, and that after fiftie yeeres it waxed lesser and lesser, till in the end it was growne to nothing: but these are nothing but vaine imaginations and meere fooleries. We haue caused many old men to be opened, whose hearts haue been found as great and heauie as those of the yonger sort. There is then but two inward causes of our old age, the contrariety of the principles whereof we are composed and framed: and the action or operation of our naturall heat, which consisteth in the consuming

The opinion of the Egyptians condemned.

Outward causes of our old age, that cannot be auoyded.

of his radicall moisture, doth by little and little fall a drying and cooling of our bodies.

There are other causes also of our dissolution, which are outward and such as cannot be auoyded. For seeing that our bodies are compounded of three substances which are subiect to waste, the one wherof is subtile and of an airie nature, the second liquide, and the third solide: it must needes be that we haue some outward thing for to repaire them: otherwise our life would neuer last longer then the seuenth daie: for this is the terme which *Hippocrates* hath giuen to perfect bodies, and such as haue much naturall heate. That which repayreth our nature, is called nourishment, and it is threefold, the ayre, drinke, and meates: the aire vpholdeth and maintaineth the substance of spiries, the drinke, all that which is liquide, and the meate, that which is solide. This threefold kinde of nourishment, how well soeuer it be cleansed and purified, hath notwithstanding euermore something disagreeing with our nature, and that so much, as that it cannot assimilate and turne it into it owne nature, and therefore maketh an excrement of it, which being retained, altereth the bodie, and maketh an infinite number of diseases. See and beholde how meates doe of necessitie alter our bodies. I leaue to speake of all other outward causes, (as ouer violent exercises, an idle and sitting life, long and continuall watching, the passions of the minde (which of themselves can make vs olde, as feare and sadness) because we may in some sort auoide and shunne them. I leaue also to say any thing of chancing causes, or such as may befall vs by hap hazard, as hurts: I am onely purposed to shew that it is of necessitie that euery liuing creature must waxe olde, that he fostereth within himselfe, the naturall causes of his death, and that he hath outward causes thereof hanging about him, which cannot bee auoyded.



CHAP. II.

*A very notable description of olde age.*



Seeing is most certaine that our bodies, even from the daye of our birth are subiect vnto many alterations and changes, the phisitions hauing regard vnto such alterations as are most sensible and apparent, haue diuided the whole life of man into many parts, which they haue called ages. The Egyptians haue made as many ages as there are seuen in the number of an hundred, for they verily beleueed that a man could not liue aboue a hundred yeeres. The Pythagoreans, which were very superstitious in their numbers, haue published in their writings how that in euery seuenth we feele some notable change, both in the temperature of the bodie, and in the disposition of the mind, and that al this ought to be referred and attributed to the perfection of the number of seuen. I purpose not here to discusse the question of numbers: I haue handled it largely enough in my third book of critical daies: it is sufficient for me to sit downe and rest my selfe with all the most famous writers, in saying that man following the naturall course of life, vndergoeth five notable alterations and changes in his temperature, and runnoth through five ages, which are, Infancie, Adolescencie, Youth, Manhood or the constant age, and Old age. Infancie is hote and moist, but moysture exceedeth and keepeth heate so vnder foote, as that it cannot shew his effects, it lasteth till thirteene yeeres of age. Adolescencie followeth next, which yet is hot and moyst, but so as that heat beginneth to play the master: the sparkes thereof are seene to glitter, twinckle and shine in euery thing. In the mankind the voice groweth greater, all their waies and courses stretch and reach further and further, they cast their first wool. In the female kind their paps grow hard & great to the sight of the eye, their blood stirreth it selfe throughout all their bodie, and causeth it to giue place and make way for it, till it haue found out the doore: this age holdeth on to twenty foure or twenty five yeeres, which is the appointed and perfixed

Distinction of ages.

The opinion of the Egyptians.

The opinion of the Pythagorists.

Five ages.

Infancie.

Adolescencie.

Flourishing youth. terme for growth After this commeth Youth, which is hot and drie full of heate, liuelihood and nimblenes: it hath his course till fortie yeeres. Then the bodie is come to his full stature, and this is called the mans age or constant age, it is the most temperate of all the rest, participating the foure extremities indifferently, and continueth to the fiftith yeere. And there beginneth Olde age which containeth all the rest of our life. But yet notwithstanding, this olde age may further bee diuided into three ages: there is a first old age, a second, and a third. I haue nothing to doe with that which is caused by sickenes, and called *Senium ex morbo*. The first old age is called greene, because it is accompanied with prudence, full of experience, and fit for to gouerne common weales. The second beginneth at seuentie yeeres, and is incumbred with many small disaduantages, it is very cold and drie. As for the coldnes there are so manifest signes and tokens of it, that no man hath euer made anie doubt of it, for if you do touch them, you shall alwaies finde them as cold as yce, they haue no liuely or vermilion colour, all their sences are weakened, and become subiect to an infinite number of colde diseases: but as for the other qualitie which is drynes, some there are which take vpon them to ouerthrow it, and say that this old age is moist and not drie, because a man shal see the eyes of these old men alwaies distilling teares, their nose alwaies running, there commeth out of their mouth euermore great store of water, yea, they doe nothing but cough and spet: but *Galen* answereth verie learnedly in his booke of temperatures, that old men are moist through a superfluous moisture, but that they are drie concerning radicall moisture: and in the first booke of the preseruatiō of the health he saith, that old men haue all those parts drie which infants haue moist, that is to say, the solide parts, of which dependeth the constitution of the whole body. This is the opinion comming neereſt to the truth, & which we must take hold vpon: for their leannes, wrinkles, stiffness of sinewes and skin, and stiffness of ioints doe sufficiently shew their drie temperature: the ring wormes also and itches ouer al their bodies, the scales which they haue on their heads, maketh it plainly appeare vnto vs that their braine is full of salt humors, and not of sweete flegme. In the end commeth the last olde age, which is called

The manly age.

Old age.

Three degrees of olde age.

The first.

The second.

The temperature of old men, is cold and drie.

called decrepite: in which as the kingly Prophet saith, there is nothing but paine and languishing grieve: all the actions both of the bodie and minde are weakened and growne feeble, the senses are dull, the memorie lost, and the iudgement failing, so that then they become as they were in their infancie: and it is of these that the Greeke prouerbe (*τὸς γέροντος δις παιδεία*, that is to say, that old men are twice children) is to be vnderstood. This last old age is described in the twelfth chapter of Ecclesiastes, in so notable an allegoricall sort, that there is not the like againe for excellentnes in all the world. It was also the greatest Philosopher and profoundest scholler in natures workes that euer was, which tooke the same vpon him: this is that sage *Salomon*, which elsewhere is sayd to haue knowne all the secrets and mysteries of nature, which hath discoursed of all the plants of the field, from the Ceder of Libanus to the Hissope which groweth out of the walls, that is to say, from the tallest and highest, vnto the least and lowest: for by this Hissope, wee vnderstand one of the capillar hearbes which is called *Salvia vita*, which is one of the least hearbes that may be seene. I will set downe the whole maner of this description from the beginning to the end, because that besides the pleasantnes of it, wee may reape instruction, and a plaine and manifest declaration of the thing we haue in hand.

The last degree of old age is called decrepite.

Remember (sayth he) thy Creator in the daies of thy youth, before the Sunne, the starres and light grow darke, and the clowdes returne after raine: for then the keepers of the house will tremble, and the strong men will bow themselues, and the grinders will cease and bee no more: in like manner, the lookers through the windowes will be darkened, the doores will be shut without, because of the base sound of the grinding: and he shall rise vp at the voyce of the bird; so shall all the singing maides be humbled, they shall feare the hie thing: the Almond-tree shall flourish, and the grasshoppers shall grow fat; the Caper-tree shall be withered, before that the siluer chaine doe lengthen it selfe, or the ewer of golde bee broken, and the water pot dash in peeces at the head of the spring, or the wheele broken at the cesterne, and that dust returne vnto the earth, as it was from thence, and the spirit goe vnto God. See here the description of the last age, which is

An excellent Allegorie describing and laying out the estate of old age.

admirable,



The interpre-  
tation of the  
Allegoric.

admirable, and which hath neede of a good Anatomist to helpe out with the true vnderstanding of the same.

In decrepite old age the Sunne and starres do waxe darke, that is the eyes, which doe lose their light. The clowdes retume after raine, that is to say, after they haue wept a longtime, there passeth before their eyes, as it were clowdes, being nothing else but grosse vapours, which grow thicke and foggie. The keepers of the house tremble, that is, the armes and hands, which were giuen vnto man for the defence of the whole bodie. The strong men bow, that is to say, the legges which are the pillars whereupon the whole building is set. The grinders doe cease, that is to say, the teeth which serue vs to bite and chaw our meate. The seers grow darke by reason of the windowes: those are the eyes which are covered and ouergrowne oftentimes with a cataract, which shutteth vp the apple of the eye, which is commonly called the window of the eye. The doores are shut without, because of the base sound of the grinding, that is the iawes, which cannot open for to eate any thing, or the passages of meate which are become narrow and streite. They rise vp at the voyce of the bird, that is to say, they can not sleepe, and are alwaies wakened with the cockcrow. All the singing maides are abased, that is their voyce, which faileth them. The Almond-tree doth flourish, that is the head, which becometh all white. The grasshoppers waxe fat, that is, the legges become swolne and puffed vp. The Caper-tree withereth, that is, their appetite is lost: for Capers haue a propertie to stirre vp appetite. The siluer chaine groweth longer, that is the faire and beautifull marrow of the back, going all along the bone, which groweth loose and boweth, and causeth them to bend in the back. The golden ewer is broke, that is the hart, which containeth (much after the maner of a vessell) the arteriall blood, and vitall spirit, which are somewhat yellow and of golden colour, which ceaseth to moue, and cannot any longer containe or hold, much after the nature of a thing that is broken. The water pot is broken at the spring head, that is, the great veine called the hollow veine, which cannot draw blood any more out of the liuer, which is the common storehouse and fountaine which watereth all the bodie; in such sort as that it yeeldeth no more seruice then a broken pitcher. The wheele

is broken at the cesterne, that is, the reines and bladder, which become relaxed and cannot any longer containe the vrine. Then, when all this happeneth, dust (that is to say, the body which is materiall) doth returne to the earth, and the spirit (which is come from aboue) doth returne to God. Lo here the fiue ages described and bounded with their number of yeares, according to their seuerall contents.

But I would not that from hence any man should so tye himselfe to the number of yeares, as that he should make youth and old age necessarily to depend thereupon: but that he would rather iudge thereof by the rule of the temperature and constitution of the bodie: for euery man that is cold and drie, is he whom I may call old. There are very many which become old men at fortie, and againe there are an infinit sort, which are young men at sixtie: there are some constitutions that grow old very speedily, and others very slowly. They which are of a sanguine complexion grow old very slowly, because they haue great store of heate and moisture: melancholike men which are cold and drie, become old in shorter time.

As for the difference of sexes, the female groweth old alwaies sooner then the male. *Hippocrates* hath very well obserued it in his booke intreating of the seuenth moneth childbirth. The females (sayth he) as they are in their mothers wombe, are formed and grow more slowly then males: but being once out, they come sooner to growth, sooner to ripenes of wit, and sooner to old age, by reason of the weakenes of their bodies and of their manner of liuing. Weakenes maketh them to grow vp sooner, and to waxe old sooner: for euen as trees which are short liued, grow vp to their height by and by; euen so the bodies, which must not long continue, come very speedily to the top of their perfection. Their manner of liuing also doth make them to waxe old, because they liue as it were alwaies in idlenes. But there is nothing that hasteneth old age more then idlenes.

That the number of yeares doth not make old age.

Why women grow old sooner then men.

## CHAP. III.

*An order of gouernment for the prolonging of the strong  
and lustie estate of man.*



Being that the naturall and vnauoidable causes of our old age are three; as the contrarietie of the principles of our life, the waste of radicall heate and moisture, and the excrements which are ordinarily ingendred by our nourishment, it behoueth vs (if wee will keepe our bodies in good plight, and preferue them from waxing old so soone) so to dispose of and order these three things, as that the agreement and vnitie of the elements (which is called temperature) be thoroughly provided for, that our heate and moisture (which waste euery houre) bee well repaired, and that the excrements (which hide themselves and stay behinde in the bodie) bee hunted out. We shall obtaine all this very easily, by keeping good order of gouernment and diet, without hauing need to haue recourse to Phisicke. Now this name of Diet (as I haue alreadie sayd) comprehendeth many things, all which may bee referred to sixe. The Phisitions call them, not naturall: because that if they be rightly vsed, and that a man know how to make the best maner of seruice of them, they doe preserue the health, and may bee called naturall. But and if a man abuse them, if they be vsed either too little, or too much, though it bee neuer so little, they are the causes of many diseases, and may be sayd to be contrarie to nature. They are these which follow; the ayre, meat and drinke, sleepe and watching, labour and rest, emptines and fulnes, and the passions of the minde, which I am about to runne through in order.

CHAP.



## CHAP. IIIL.

*What choise wee must make of the ayre, for our longer life, as also what ayre is most fit for such persons as are old.*



Mongst all the causes, which may alter our bodies, there is not any one more necessary, more headlong, or which concerneth vs more neerely then the ayre. The neede wee haue of it, doth sufficiently appeare in sicknesses, which abridge and depriue vs of breathing: for if it happen that any one of the instruments which are appointed either for the giuing of entrance, or receiuing or preparing of the ayre bee greatly impeached, the man dyeth by and by strangled, in so much as it seemeth hereby, that the ayre and life are things inseparable in all such kindes of creatures as are called perfect. The naturall heate (if wee beleue *Hippocrates*) is preserved by moderate cold, and if you take the ayre away from the fire, which is as a continuall bellows vnto it, it is quenched and choked incontinently. Our spirits which are the principal instruments of the soule, are begotten and nourished by the ayre, they doe not vphold nor purge themselves but by the passing of the ayre in and out: this is the cause also why all the bodie is porouse and perspirable, this is the cause why our arteries doe continually beate, and that nature hath made so goodly and wonderfull doores and entrances for the two vessels; in such sort as that I dare bee bold to say, that the ayre is as needfull for man, as life it selfe. As for the celeritie and swiftnes which it participateth, wee perceiue it euery day. In a trice it passeth through the nose to the braine; and pressing through a million of streits, which are to bee scene in the admirable net, it entreth in into the most secret chambers thereof, it dispatcheth it selfe downward after that, with like incredible celeritie and swiftnes, through the mouth vnto the lungs, and from thence vnto the heart, it pearceth (and cannot bee perceiued) the pores of the skinne, and entreth by the transpiration of the arteries vnto the most deepe and hidden corners of our bodies. This is a bodie so common and neere vnto vs, that it compasseth vs about

The necessitie  
of the ayre.

The quicknes  
and celeritie of  
the ayre.

Wherein the  
goodnes of the  
ayre consisteth.

How to recti-  
fie the ayre.

The signes of  
a good ayre.

What ayre is  
fittest for old  
folkes.

continually, without forsaking vs any moment, yea we must whether we will or no, make our daily supping meate thereof. Diuine *Hippocrates* hauing very well perceiued this powerfulness of the ayre, sayth in his *Epidemikes*, and in his second booke of *Diet*, that the whole constitution of our spirits, humours and bodie, doth depend wholly vpon the ayre. Wherefore the chusing of a good ayre, and of a fayre and pleasant dwelling place, must alwaies in all good order of diet keepe the first and chiefe place. The Phisitions take acknowledgement of the goodnesse of the ayre by his substance and qualities. By his substance, as when it is well purified, not hauing any seeds of corruption in it, neither yet being infected with any venomous vapours, which might rise from dead bodies, priuies, and filthines of townes, or from the putrifaction of standing waters. There are also certaine plants which a man must hardly come neere vnto to make his ordinarie lodging, because they haue a contrary qualitie vnto the animall spirit, as the Nut tree, Figge tree, Colewort, Danewort, wilde Rocket, Hemlocke, and an infinite sort of others. The vapour of forges and mines, is a very great enemy vnto the hart, and causeth (as *Aristotle* obserueth) the greatest part of them which labour therein, to fall into a consumption.

If the ayre bee corrupted, and that wee cannot auoide it very quickly, wee must purifie it with artificiall fires, of Rosemarie, Iuniper, Cypers, Bay tree, and with perfumes of the wood of Aloes, Saunders, Iuniper berries, Fusses, and such other aromatical things. The vapour of Vineger doth marueilously correct y<sup>e</sup> maliciousnes of the ayre. As for the qualities of the ayre, all excesse of heat, cold, moysture and drines is euill: it must be chosen such as is (if it bee possible) of a meane temperature. It is knowne to bee such, if it grow warme shortly after that the Sunne is vp, and contrarily grow cold after the Sunne is set. If there cannot bee found an ayre of such a temperature, it were better that it were a little too drie, then too moylt. For (as *Hippocrates* saith in his fift Aphorisme of his third booke) drines generally is alwaies more holesome then moysture.

For old persons there must choise bee made of a hot ayre, and their chamber must neuer be without fire: for it is very certaine, that

that they fare and do a great deale better in summer; because they carrie a winter about with them continually. They must be lodged in a place that is raised hie, and their house must bee open on the East-side, that so the morning Sunne may come into their chamber; and on the North-side, the better to purifie the ayre, and to driue away al euill vapours. I will referre vnto this choise of ayre, the vse of sweete saouours, which marueilously reioyce the heart and spirits. It is good daily to carrie some good smell, to keepe ones selfe cleanly and handsome, and to change ones linnens very oft. The ayre then, if it haue all these properties, will serue to repaire our first substance, which the Phisitions call spirituall, which is ingendred, nourished, and preserued by the ayre.

CHAP. V.

*Generall rules to be kept in eating and drinking, for the longer preservation of life.*

**M**Eates and drinckes must keepe the second place: for the one repaireth the losse of that which is liquide, and the other doth preserue and vphold that which is solide. I will not here particularly describe all the meates which may hurt or profit; or which are of a good or euill iuyce, let those which are disposed reade what is written by *Galen* in his bookes of the properties of nourishments, and in his bookes of the preservation of health. I will onely in this chapter deliuer the generall rules, which I haue drawne out of other Phisitions, and aboue all out of *Hippocrates*, which shall serue all sortes of ages to keepe them from growing old soone, and the first of them is this.

A man must neuer eate but when he hath some feeling of hunger: for the stomack maketh small reckoning of such meates as it coueteth not, and oftentimes digesteth better the worst sorts of meates when it receiue them with an appetite, then the most delicate which doe not delight and please it. This rule is to bee found in the 38. Aphorisme of his second booke. The second rule is, that the meate be well chawed before it be swallowed: for there follow two discommodities when it is swallowed before it bee well chawed; the first is, that one shall eate more then he should,

The first rule.

The second.



The third.

The fourth.

and thereby ouercharge his stomacke; the other is the great a doe that the stomacke hath to concoct that which is not chewed. The teeth and mouth doe as much seruice and helpe in making preparation for the first digestion, as the ayre doth for the cookes, when it maketh their meate tender: and this is the reason why they which haue many teeth doe liue long, namely, because they chaw their meate well. This sentence is to be found in the sixt section of the 2. booke of Epidemicall diseases. The third rule is, that wee must beware of glutting the stomack: for he that would liue long; must rise vp from the table alwaies with some hunger. The reason is very apparant, because if you loade your stomack too much, you put the naturall heat (being the principall instrument of the soule) to too much paines, and cause it to languish in the end, because euery natural agent, doth suffer in doing. *Hippocrates* hath very wel noted the same in his 6. book of his Epidemicall diseases. This (saith he) is one of the principall heads for to preserue health, not to feed vnto the full, and not to be slow to labour. The fourth rule is, not to eate of moe then one or two sorts of meates: for varietie hurteth infinitely and ouerthroweth our stomacks, because meates are not all of one qualitie, and by consequent one degree of heat will not suffice: some sortes are concocted sooner, and other some more slowly, so that thereby all the kitchin is out of order. You may ioyne hereto, that eating varietie of meates and sawces, a man is constrained to drink the oftner: but this maner of drinking doth hinder digestion, as you see that the putting of water sundry times into the pot, doth hinder the broth from boyling. Therefore you must neuer abuse the stomack, although it be very good, because that if you displease the cook, you are like to dine but badly. Reade the worthie sentence of *Hippocrates* in the 3. section of his 6. book of Epidemicall diseases. The slothfulnes of the stomack (saith he) commeth of the disordering of the whole bodie, and of the impuritie of the vessels. And as fulnes doth greatly damnifie, and fill al full of crudities; euen so too much abstinence may heap a whole measure of discommodities vnto the health, because the stomacke being emptie, doth fill it selfe with euill humours. And *Galen* also obserueth, that a famished stomacke, if it bee not satisfied with some delectable licour, draweth first from the braine a world of water,

water, and after that the grossest excrements, that are in the gut  
*Ileum*. The fifth rule teacheth to obserue such an order in eating, The fifth.  
 as that those meates which are easily corrupted be first eaten, be-  
 cause that if they be taken in the end, they destroy and corrupt the  
 others: such as are concocted with lesse paines, and sooner disge-  
 sted, ought first to enter into the stomack: but grosse meates, hard  
 and heauie meates shall be the last, quite contrary to the fashion  
 of our artificiall kitchens. Such meates as are apt to loose the bel-  
 lie, as plums, apples and potage, must also be the first. The sixth. }  
 The last rule is, that wee must accustom our selues to eat more at supper  
 then at dinner, I meane if the bodie be sound and not subiect vn-  
 to rheume. The reasons thereof are very plaine: for there is more  
 space from supper to dinner, then there is from dinner to supper,  
 so that there is more time to concoct and distribute the nourish-  
 ment. It is most certaine that when we sleepe, heat is stronger, for  
 that it withdraweth it selfe wholly vnto the center of the bodie. I  
 will adde thereto how that to make good disgettio we haue need  
 of rest: but in the night al the animal functions cease, there is no-  
 thing to draw aside our heat, so that it may concoct a great deale  
 better. Thus also haue all the famous and great Phisitions, *Hippo-  
 crates*, *Galen* and *Anicen*, determined the case. Thus haue all the  
 elder times practised. Wrestlers (as *Galen* obserueth in the fift  
 booke of the conseruation of health) did neuer eat flesh but at  
 their supper. The Pythagoreans (as *Aristoxenus* writeth) tooke  
 nothing to dine withall but a little bread with honey: and du-  
 ring the siege of *Troy*, the Grecian souldiers (if wee giue credit to  
 that which *Philemon* reporteth) made foure meales a day, but  
 they tooke nothing but bread and wine at the three first, and at  
 the last which was their supper, they did feede vpon porke. Be-  
 hold here the generall rules which are to bee obserued in eating,  
 whereto I will adde for an end, that the fittest houre to eat at, is  
 that houre of the day which is most temperate, as in winter that  
 which is most hot, in summer that which is most fresh, and that  
 also with some moderate exercise hauing gone before.

## CHAP. VI.

*How we must in particular nourish old folke, and with  
what maner of victuals.*



The quantitie  
of their meate.

The qualitie.

He victuals wherewith old men are to be nourished, must bee provided according to the degrees of their old age. The first kind of old age which is yet greene and strong, may take direction from all those rules, which I haue set downe in the chapter going before: but the other two kindes of ages, haue neede to bee guided after this fashon. They must bee heated and moystned, because their temperature is cold and drie. Let them therefore haue euen all of them, their lodging in a very warme ayre, and let their chamber be neuer without fire. In seruing them with meate, there must regard be had of the quantitie, qualitie, and maner of vsing of it. As concerning the quantitie, wee must neuer ouerloade them with much meate, because (as *Hippocrates* obserueth in the fourteenth Aphorisme of the first booke) they haue very little quantitie of naturall heate, and that would be quenched, as it falleth out when a great deale of wood is cast vpon a little deale of fire, and furthermore (as the same author sayth) because they can indure fasting very easily. As concerning the qualitie, it is requisite that their meates be of good iuyce and easie digestion, and of a light matter, in as much as the substance of old folke doth not lightly wast and spend it selfe. They must be forbidden all slimie, grosse, windie, flegmaticke, melancholike and obstructing meates, which may stop the passages. The maner that they must be made to vse in taking them, is to nourish them a little & oft, principally those which are of a decrepite age: others which remaine somewhat lustie, shall bee content with three meales a day. So were the two old men fed, of whom *Galen* speaketh in his fift booke of the preservation of health, that is to say, *Antiochus* the Phisition, and *Telephus* the Grammarian. Their bread must bee of good wheate well baked, leauened well, and hauing a little salt mixt with it; they must not cate it hot, because it is not so easily digested, it maketh



keth a great deale more alterations in the bodie, ingendreth obstructions, and sendeth many vapours to the braine, it must bee of the same day or two daies old, if it passethree daies it drieth too much, and staieth too long time in y<sup>e</sup> stomack. Al maner of cakes made with cheefe, milke, butter; & all other sorts of vnleauened bread, are very hurtfull vnto them. Flesh. Flesh is a very good nourishment, for it nourisheth much, and turneth easily into blood. All flesh that is hard of digestion and clammie, is altogether contrarie vnto this age; the flesh of birds is sooner concocted, then that of foure footed beasts; and such as feede in drie places are more hole some, then those which feede in waterish places. Wee must make choise of such flesh as is of a middle age, for old folke: for young flesh is too moyst, and old flesh is too drie. Their nourishment must be of good Capon, Chickens, Partridge, Feasant, Hen, Mutton, Veale, Godwit or Morehen, and yong Pigeons. The Arabians highly commend Turtle doues, because they turne into good iuyce, and make all the sences the more subtile and fine. Some there bee which praise porke, because it commeth next in temperature vnto man: but I forbid it vnto old men, because it ingendreth much superfluous moysture. All the braines of beasts are hurtful vnto the stomacke; liuers doe ingender a grosse blood; the vtmost parts, as the head, the tayle and feete, are hard of digestion, and of small nourishment. The flesh of Lambe, Beefe, Wild-bore, and birds of the riuer, are naught for the stomackes of old men; they must haue made some delicate gallimaufrie with some sauce, good coolasses, gellie, and white meate. Egger. Egges new layd and soft are very good for them, for they nourish much and quickly; if they be hard or fried, they be naught, because they ingender a grosse iuyce, and stay too long in the stomacke. Potched egges are most hole some; and those which are boyled in hot water (which *Ætius* tearmeth to stiffe) are much better then them which are roasted in hot ashes, because they are boyled in euery place equally and alike. But in what manner soeuer they bee eaten, they must bee eaten alwaies with salt, to the end they may goe out of the stomacke the sooner: the white of the egge doth nourish but a little, and troubleth the stomacke. Fish. The vse of fish is contrarie to their age, they may eate of a Rochet, Sole and Trout,

Spices.

Fruites.

but they must be sowst with salt, sage, fennell and wine. Meates of a sharpe taste and which bite a little, as also powdred meates, are not euill, because they stirre vp the appetite, awake naturall heate, and consume all that store of grosse flegme which is within the stomacke. It is good to spice their meates, with Pepper, Ginger and Cinamome, and to vse gray mustard. Onions and Garlike are not euill for them, if they loue them, and haue been accustomed to eate them. Cheese is naught: butter is wholesome for them, because it moystneth and heateth them, and also gratifieth the breast: sweete oyle Oliue is also excellent good. Milke is good for some: but in such as are subiect to many obstructions, it rather doth harme. They of old time haue much esteemed the vse of Honey in this age, spreading it vpon their bread, putting it in their sauces, and almost in all their meates. Raw fruities, and such as are very moyst, are not good for them, because they are easily corrupted. Damaske and dried Raisines are good for the liuer, stomacke, reines and bladder. Almonds doe procure sleepe, increase (if we beleue *Auicen*) the substance of the braine, and cleanse the passages of vrine. Drie Figs, Pistaces, Dates, small nuts roasted, nuts confectioned with Honey, Mirobalanes, Oliues, and Pine-apples are very fit for old men.

## CHAP. VII.

*What maner of drinke is best for old folkes.*

The praise of wine.



Drinke is as necessarie and profitable for olde men, as it is hurtfull for children. There is an old prouerbe which sayth, that olde folke liue onely on the pot, as old Eagles doe vpon the iuyce of carryon. Wine is all their refreshment, and therefore some doe call it old folkes milke; it heateth all their parts, and casteth out the waterish parts of the soure humours by vrine. *Plato* in his second booke of Lawes writeth, that wine heateth the body, and reuiueth the drouping spirits of old men, euen as the yron relenteth with the heate of the fire. *Zeno* sayd oftentimes, that wine

wine correcteth and maketh pleasant the manners of the most harsh and churlish natures. One of the most renowned Physicians that euer Arabia bred, writeth, that yong folke must refraine wine: but so soone as they bee fortie yeeres olde, looke how oft they either see or smell it, they ought to praise God, and giue him thanks for creating of so pleasant and delightfome a licour. The wine that is chiefly to bee made choise of for old folke, must be an old, red, and good strong wine, and it must not bee much delayed. New, sweete and grosse, are not good, because they stop the liuer, the spleene and passages of vrine, and make old age subject vnto the drop sicke or stone. It is not good to drinke wine fasting, nor after that one is thoroughly heated, because the vapour thereof ascendeth by and by vp into the head, hurteth the sinewes, and causeth conuulsions, sudden rheumes and apoplexies. Olde men must drinke a little at once and oft. *Galen* commendeth artificiall wines, made of Betonie and Parcelie, for the Stone and Goute, Hippocras, Malmesie and Candie wine; foreseene that they be not counterfeited, neither yet contrarie to their natures. Honyed water is commended of all men, they may vse the common for their ordinarie drinke, and the other (which is called the counterfeite of wine, being strong like vnto Malmesie) they may take in the morning with a toste,

What wine is best for olde folke.

CHAP. VIII.

*Of the exercises of old folke.*



It is most certaine, that all manner of nourishment how cleane and pure soeuer it bee, hath alwaies something in it not agreeable vnto nature. It must necessarily therefore follow, that in every concoction there be ingendred some excrement, which being kept and not auoyded, may bee the cause of an infinite sort of diseases. The grosser kinde of excrements doe purge themselues, by a sensible and manifest kinde of euacuation: but the more subtile and fine may be wasted and resolved by exercise.



The necessitie  
of exercise.

This is the cause why diuine *Hippocrates* in his bookes of Diet, hath affirmed, and that very well, that man cannot liue in health, if he ioyne not labour and foode together, because (sayth he) that the one repayreth natures expences, and the other spendeth her superfluities and surcharging burthens. *Plato* in his *Theætetus* writeth, that exercise vpholdeth and preferueth the good state of the bodie, and that idlenes on the contrarie doth ouerthrow it. Exercise moderately and orderly vsed, preuenteth repletion, the meere nurse of a thousand diseases, increaseth naturall heate, keepeth open both the sensible and insensible passages of the bodie, maketh the bodie plyant and nimble, prepareth and disposeth all the superfluities and excrements, as well vniuersall as particular, vnto auoidance, strengtheneth the sinewes marueilously, and maketh all the ioynts more firme. And this is it which *Hippocrates* faith in his Epidemicall treatises, that as sleepe is requisite for the inward parts, so labour serueth to strengthen the ioynts. There is a notable treatise in *Celsus*, which I must not passe over with silence. Sluggish slothfulnes (sayth he) doth make the bodie loose and heauie, but paines and labour doth make it firme and nimble: idlenes maketh vs soone to waxe old, and exercise preferueth our youthfulness long and many yeares. But we must carrie our selues cunningly in the manner of our exercises: first, it must bee done before we eate, because thereby wee awake naturall heate, that it may be the readier to digest, and not asleepe when it should bee doing his dutie. *Hippocrates* his Aphorisme is most plaine and euident: Let labour goe before meate. This exercise must be moderated according to our meate: for they that eate much, must worke much; and they that eate but a little, must labour the lesse. This exercise also must be moderate and equall. I call that moderate, which maketh not wearie: and I call that equall, which exerciseth all the parts of the bodie both vpper and lower alike. Violent and vnequall exercise ouerthroweth the strongest bodies, weakeneth their ioynts, and maketh all the muscles loose, wherein consisteth a part of nimblenes. The morning exercise is best, or else at after dinner when the two first concoctions are perfected: that which is vsed by and by after meate, begetteth an infinite number of obstructions, filleth the veines with raw humours, and causeth

How we must  
use our exercises.

causeth the meate to descend too soone out of the stomacke. In winter we must walke more swiftly, and in summer more softly: and alwaies the Phisition must haue regard to that whereunto the partie is accustomed: for as *Hippocrates* writeth in his second book of Aphorismes; They which are accustomed to take paines, doe beare it the more easily, although they be weake, and come to old age. There are vniuersall and particular exercises. The vniuersall (if a man can do them) are the better: and amongst them, one praiseth especially the ball play, foote-walkes, and riding. The particular are fricafies, which auaille much to the stirring vp of naturall heate, to make attraction of nourishment to any part, and to consume the vapours and excrements of the third concoction, which lie lurking oftentimes in the voide spaces of the muscles and among the membranes.

Old folke must content themselues with moderate exercise, for feare that the little naturall heat which they haue should be spent. The exercise of old folke. Frications, or rubbing of the parts are most fit for them. They must be rubd and chafed in the morning after they be awake, vntill the parts begin to bee red and warme. The rubbing must begin at the armes, and from thence to the shoulders, backe and breast, from thence we must goe downe to the thighes, and rise vp againe from thence to the shoulders; the head must bee the last, which must be combed and trimd vp every morning. There are o-ther particular exercises of the eyes, voyce and breast, which are of vse.

CHAP. IX.

*What rules are to be obserued in sleeping.*



Leepe is one of the chiefe poynts of well ordering and gouerning ones self: concerning which there are certaine generall rules to be obserued of the which are desirous to keep back and hinder the hastie access of old age. It is good (saith *Hippocrates*) to sleepe onely in the night, and to keepe waking in the daytime. Sleeping at nooneday is very dangerous, and maketh all the body

heauie

heauie and blowne vp. It must be obserued not to goe to bed vnder three or foure houres after supper, and then also to take a little walke vp and downe the chamber before you goe into bed. The best and most naturall sleepe is that which lasteth seuen houres, and in that time not to haue ouer many clothes vpon the bed, to the end the vapours may haue the freer passage. One must sleepe hauing their head somew hat raised, least the meate should rise from the bottome of the stomacke vnto the vpper mouth thereof; and in sleeping he must not lie vpon his backe, least the ordinarie excrements of the braine, which are purged by the nose and mouth, should fall vpon the backe bone; and least also that by lying vpon his backe, he should heate the grosse hollow veine and great arterie, which are fastned to the loynes, and so these vessels thus heated, should increase the heate of the reines, ingender the Stone, and send great quantitie of vapours vnto the braine. It is good to take his first sleepe vpon the right side, for seare the liuer should fall vpon the stomacke and oppresse it, as it would doe. If he should lie vpon the spleene; and further because that lying on the right side, the liuer vnderlaieth the stomacke, and seruing it in stead of a chafing-dish, helpeth digestion very much. After this he must turne him vpon his left side, to the end that the vapours retayned by lying on the right side, may breathe out: & finally he must lie vpon the right side, to the end that what shalbe concocted, may discend the more easily. The parts of the bodie must not be stretched out al along in sleeping, they must be somewhat drawne vp: for as *Galen* obserueth in his first booke of the mouing of the muscles, the rest of the muscles consisteth in a meane kind of contraction. And that is the figure, which the Anathomists call the meane or middle figure, which is most naturall and least painfull. And thus much for the generall rules of sleepe, which seeing all old men cannot tell how to keepe, we will permit them to sleepe a little after dinner, in as much as they cannot but lie waken almost all nights long. Some referre the cause of their lying awake to their temperature; which is drie, and to the sharpe vapours which commonly are raised of salt flegme.



## CHAP. X.

*How we must make old folkes merrie, and put them out of all  
maner of violent passions of the minde.*



**P**Lato in a Dialogue, which he intituleth *Car-*  
*mides*, writeth as the trueth is, that the most  
violent and dangerous diseases that the body  
suffereth, doe come from the minde: for the  
minde (sayth he) hauing a soueraigne power  
and absolute authoritie to command the bo-  
die, moueth, altereth, and chaungeth it in a  
moment as it pleaseth. How many diseases doe we see to rise, and  
to bee cured by the onely force of imagination? How many ex-  
amples haue we of such as sudden and extreame ioy hath brought  
vnto their end? And griefes, pensiuenes, and sadnes, doe they not  
cast vs headlong into an infinite number of melancholike disea-  
ses, which serue for a scourge vnto the Phisition, and their owne  
confusion for their obstinacie? Wee haue read many histories of  
such as haue growne white haired in foure and twentie houres,  
vpon feare onely and a conceited opinion of death. So that hee  
which would liue long and in health, must keepe himselfe as much  
as he can free from all violent passions. But olde men more then  
any other must beware, both because they are ordinarily more  
subiect to feare, taking of offence, and waywardnes, because of  
their cold distemperature: as also because of the weakenes of  
their braine. And other men must indeuour to take from them all  
occasion of feare and sadnes, least they should thereby become  
more cold. There is no danger now and then to moue their cho-  
ler, thereby to rouse them vp and warme them a little: they must  
bee made merrie as much as may bee, and every thing ministred  
vnto them that may content and please them. But for as much  
as all the pleasures and displeasures which wee feele in our  
mindes, doe rise from the senses, which are the trustie spies,  
and faithfull messengers thereof, wee must (if wee will con-  
tent and please olde men,) flatter and tickle their senses,  
the

The power of  
the minde o-  
uer the bodie.

The pleasures  
of sight.

The ravish-  
ment of the  
eare.

The pleasures  
of smelling.

The pleasures  
of the taste.

the sight, hearing, smelling and taste, in providing for every one of them, matters that are most agreeable and fit for them. The eye delighteth it selfe wonderfully in the beholding of beautifull women; and I am of opinion that such sight onely will content old men. Varietie of flowers, and diuersitie of faire colours doth reioyce them infinitely. They must weare continually some one or other rich and precious Jewell, and amongst others the Saphir and Emerauld, because there is not any other colour that doth preserve and comfort the sight so much as doth the Greene and violet. The hearing hath his particular delights, which pearce yet more deeply, and sound the very bottome of the minde. Musicke with voyces and instruments, doth calme and make gentle the most outrageous, rough and sterne natures. *Clinias* (as I have observed in the treatise of melancholike diseases) so soone as he saw any passion to assaile him, tooke his harpe, and by this meanes kept away the motions of his humour. Old men must be held vp with such discourfes as they like of; they must bee praised, they must bee flattered, they must not bee gainsayd in anything, and there must bee propounded vnto them matter which may please them, and whereunto they haue been brought vp; as lucre and gaine vnto the marchant; great employes and seates of armes, to the warriour; learned discourfes, to such as are learned: for these doe hold them awake and content. Witnesse hereof is that good old man and graue law-maker *Salon*, who being in his death-bed, and seeing two or three of his friends whispering together, for feare they should offend him, did lift vp himselfe lustely, and desired them to speake aloud, thinking himselfe most happie if at his last houre he might learne anything. As concerning the sence of smelling, it is most certaine that good smells doe make the heart ioyfull and merrie, and purifie the spirits. I am of opinion therefore, that it were good for olde men to carrie about them some good odours, as chaines and balles of Muske, that they haue alwaies in their chamber some good parfumes, that they wash their beards, hands and faces with sweete waters. As for the taste, it is to be referred vnto the victuals, and for it there must daily bee provided some daintie dish, and some one meate or other that is sharpe in taste, to stirre vp their appetite. Behold therefore and see

see wherein consisteth the maner of dyet to be obserued of olde folke: and it behoueth (that I may make an end of the whole discourse) that euery one become wise, to know his naturall inclination, and that experience of such things as do him good or harme, make him a maister and Phisition vnto himselfe.

CHAP. XI.

*What medecines are most fit for olde folke, and by what meanes, the discommodities of olde age may be amended.*



O many are the discommodities which olde age bringeth with it, as that the learned of olde time did thinke it to come neerer to the nature of a disease then of health. You shall see olde men commonly to be costiuē, to abound with fleagme, and sharpe waterish humours, which causes some small itchings and burning of vrine, they are all full of windines, and feeble an vniuersall weakenes ouer all their bodies, because they haue a weake stomacke, and the naturall heate of their whole bodie is faint and languishing, they are in a maner altogether subiect to rheumes, and cease not either to cough, spit, or weepe. All these infirmities may be provided against by some gentle and delightfome medicines. And first of all, the bellie must be made good, (that is to say loose) with artificiall brothes, which may bee prepared diuerse waies. Take of the tender crops of Mallowes, of Mercurie, Garden and wilde Artichoke, and of the hearbe called Cynocrambe, boyle them with a Chicken, and take it in the morning. The broth of red Coleworts with oyle, is very good, but the broth of a Cocke is the excellentest of all the rest: it must be made thus. Take an olde Cocke, pull him and beate him well, afterward kill him, and ha-

The discommodities waiting vpon old men.

How the belly may be kept soluble. A laxatiue broth.

The broth of a Cocke.



Remedies for  
the weakenes  
of their sto-  
macke.

To stirre vp  
the heate of  
olde folke.

afterward straine them very well for the purpose, and cause it to be taken three dayes together. Some put thereto a little of the salt of Tartar, to giue it some sharpenes. This broth serueth exceeding well for olde men, for it keepeth the bodie loose, cleanseth the waies of Vrine, and is very profitable for the breast, and shortnes of breath, whereunto they be subiect. Suppositories must be ordinarilie vsed of them, as also mollifying Clysters. *Galen* would not that we should vse any strong and sharpe Clysters, he resteth contented in the onely vse of oyle Oliue. For inward Laxatiues I like well and allow of the pills of Hiera, of Aloes well prepared, and those which are called Mastichinæ. Turpentine cleanseth and purgeth all the inward parts, without danger for the weakenes of their stomacke, and to discusse the windes which put them to paine, the roote of Ginger confection, Lozenges of *Aromaticum Rosatum*, sugard Anise seede, Cinamome water, the essence of Anise seede, of Iuniper berries and Cloues is commended. To stir vp the heate which may seeme to be asleepe all ouer the bodie, I finde nothing better, then to cause them to take oftentimes the weight of two French Crownes of Amber Grise in a very new egge. I allow also of the vse of Treacle, Mithridate, Confectio Alkermes, Aquæ Theriacales, Imperiales, and Cælestes. The compositions whereof I set not downe, because they are at this day very common. All the parts also may be strengthened with outward medecines, as the braine by caps and head powders, amongst which *Auenzoar* praiseth Cloues powdred and scattered vpon the Coronall suture, the heart by emplasters, oyntments, and bags, the stomacke by oyntments and bags. Finally, we must thinke, that all aromaticall things, and those which smell well, are good for olde folke,

FINIS.

